

metro

NEW YORK CITY NO. 1 FREE DAILY IN THE US

Tuesday, February 7, 2017 metro.us | t: MetroNewYork | f: MetroNewYork



NICOLE KIDMAN'S \$11 MILLION TELL-ALL

The actress to spill all her secrets in new autobiography. 23

First in a series: The Insomniac Files. 6

5 breakfast bowls for winter mornings. 28

**Invisalign Week
at Our Office
Free Consultation**



OMG...You look Amazing

**Awarded Top Dentist & Elite Provider
of Invisalign 15 YEARS IN A ROW**

Dentists that completed more cases successfully than anyone in NYC

\$99
per month

**Invisalign
Treatment***

Call 212-683-2530
www.manhattandentalspa.com

MAN'S BEST FRIEND

Chelsea gay bar offers playground
for the puppy fetish scene. 4

JOSEPH DARIUS JAAFARI

EL FARO CONDITIONS PROBED IN FINAL HEARING

1 The U.S. investigation into the deadly sinking of a cargo ship during a 2015 hurricane entered its final hearing on Monday, with ship conditions probed at the start of two weeks of testimony set to examine new detail on El Faro's last hours. The Coast Guard's Marine Board of Investigation, convened only for the most serious accidents, is looking for evidence of negligence or misconduct in



the worst disaster involving a U.S.-flagged vessel in more than three decades. All 33 crew onboard died when the 790-foot El Faro sank during a hurricane on Oct. 1, 2015, two days after leaving Jacksonville, Florida, on a cargo run to Puerto Rico. **REUTERS**

MAFIA INFORMANT LOSES LAWSUIT AGAINST FBI

2 A former mafia informant for the FBI who sued his handlers for arresting him in a murder case lost his case after a New York judge ruled there was not enough evidence that the agents had conspired to punish him by falsely charging him. Joseph Barone had sued over his 2009 arrest on what his lawsuit described as "trumped-up charges that he had participated in a murder-for-hire plot," in a case that

offers a glimpse at the sometimes conflicted relationship between informants and their government handlers. A federal jury acquitted him in 2010 after he had spent 19 months in prison, much of it in solitary confinement. Barone, now 55, accused his handlers at the FBI of wanting to punish him for refusing an assignment to trick a gangster from the Gambino crime family into discussing criminal activity over the telephone. **REUTERS**

US SHOULD EXPAND MISSILE DEFENSE

3 The United States should expand its missile defense systems given missile testing by North Korea and Iran, the chairman of the U.S. House of Representatives Armed Services Committee said on Monday. The comments by Republican Representative Mac Thornberry followed new U.S. sanctions against Iran after the Persian country's recent ballistic missile test. The United States is also concerned



North Korea may be preparing to test a new ballistic missile. Thornberry's position was a sign of support in Congress for military spending to counter the threat from North Korea after U.S. President Donald Trump on the presidential campaign trail raised doubts about future spending to defend allies. **REUTERS**

IRANIAN ENGINEER RETURNS TO US AFTER SUSPENSION OF IMMIGRATION BAN

5 Iranian engineer Nazanin Zinouri, with her dog Dexter, gets a hug from Emma Porter after arriving at the Greenville Spartanburg Airport on Monday in Greenville, South Carolina. Zinouri, a Clemson graduate, works for a technology firm in Greenville and has lived in the United States for the last seven years. While attempting to return to South Carolina after a recent trip visiting family in Iran, she had been taken off her flight in Dubai as a result of the recent travel and immigration ban ordered by President Donald Trump. **GETTY IMAGES**



**5
THINGS YOU
NEED TO KNOW**

METEOR LIGHTS UP NIGHT SKY OVER MIDWEST

4 A meteor plummeted in a fireball over Lake Michigan early on Monday, lighting up the night sky in bright blue just before scattering over the lake in many pieces, according to a police video and an expert's description. Lisle, Illinois, police officer Jim Dexter recorded the meteor's descent on the dash camera of his patrol car at 1:25 a.m. Aside from Lisle, which is less than 30 miles east of Chicago, and

other parts of Illinois; witnesses reported seeing the meteor from Wisconsin, Michigan and as far away as New York state and the Canadian province of Ontario, according to a description on the website of the American Meteor Society. The meteor's fiery descent is likely to rank as one of the most spectacular events of its kind anywhere in the world this year, Mike Hankey, operations manager for the society, said by phone. **REUTERS**

WELCOME TO METRO.US!

KATE MOONEY, FEATURES EDITOR

The polarizing talker of an HBO series about millennials in Brooklyn—yep, we're talking about "Girls"—kicks off its sixth and final season Sunday, Feb. 12. We spoke with actor Alex Karpovsky, who plays Ray Plushansky, the moral center of sorts in a show of narcissists. "As I understood it, we never wanted to make a show about mature, balanced, healthy people," Karpovsky says. **metro.us/TV**



PLAY TO WIN
\$100!

Every Monday, we pick a random winner from the participants who answered correctly one of the quizzes from the previous week.

Congrats to last week's winner, Mary Chapman from Philadelphia.

metro.us/quiz

EXPERT
ADVICE**CRUISE.COM**LOWEST
PRICE

LOWEST CRUISE PRICES GUARANTEED!

Get up to \$1700 Cash Back, up to \$500 Onboard Credit, Free Specialty Dining
 Free Ultimate Beverage Package, Free 250 Minute Internet Package,
 \$50 per port Shore Excursion Credit + Kids Sail FREE on select sailings & categories


NORWEGIAN
 CRUISE LINE®

BAHAMAS/CUBA

3-Day Bahamas

sailing round-trip Miami

Open Bar

\$299*
 Ocean View \$349*
 Balcony \$469*

4-Day Cuba Cruise

sailing round-trip Miami

Open Bar

\$699*
 Ocean View \$809*
 Balcony \$1729*

CANADA/ALASKA

7-Day U.S./Canada

sailing round-trip New York

\$529*
 Ocean View \$649*
 Balcony \$949*

7-Day Alaska

sailing Seward to Vancouver

\$649*
 Ocean View \$929*
 Balcony \$1499*

MEDITERRANEAN

7-Day Mediterranean

sailing round-trip Barcelona

\$499*
 Ocean View \$699*
 Balcony \$799*

10-Day Mediterranean

sailing round-trip Rome

\$849*
 Ocean View \$879*
 Balcony \$1299*

NORWEGIAN
BREAKAWAY
Deal
of the Week
7-Day Bahamas
 sailing round trip New York

\$549*
 Fr.

 Ocean View
\$629*
 Fr.

 Balcony
\$749*
 Fr.

 Up to \$1700 Cash Back
 Free Beverage Package
 Free Specialty Dining
 3rd/4th Guest Sail Free

CARIBBEAN

10-Day Caribbean

sailing round-trip New York

\$749*
 Ocean View \$799*
 Balcony \$1249*

11-Day Caribbean

sailing round-trip New York

\$899*
 Ocean View \$1149*
 Balcony \$1299*

BERMUDA

7-Day Bermuda

sailing round-trip New York

\$549*
 Ocean View \$699*
 Balcony \$799*

7-Day Bermuda

sailing round-trip Boston

\$629*
 Ocean View \$879*
 Balcony \$1199*

EXOTIC

10-Day Central America

sailing round-trip Miami

\$999*
 Ocean View \$1149*
 Balcony \$1999*

7-Day Hawaii

sailing round-trip Honolulu

\$1320*
 Ocean View \$1449*
 Balcony \$1749*

888-881-3730

*Prices are pp/dbl. Cruise only on select sailings. Certain restrictions apply. Gov't taxes and fees are additional. Prices include NCL's. Prices are quoted in US dollars. All itineraries and prices are current at time of printing and are subject to change without notice. All exclusive deals are per cabin on select ships, sail dates and categories and are not redeemable for cash. Ships' Registry: The Bahamas and Panama. CST #2015595-50 / Lowest Price Guarantee. In order to qualify for the guarantee the competitor's rate that appears in the advertising must be available for booking and be on the identical Cruise-only product. (Ship, Date, Destination, Category, etc.) The customer must meet the requirements for any rules that apply from the cruise lines in offering the rate. The guarantee does not apply to air, land components, onboard charges etc. This offer is only valid on cruise lines that are members of CLIA.

Puppies play, drink at Chelsea gay bar

Man's best friend just might be a man in a puppy mask.



JOSEPH DARIUS JAAFARI
@MetroNewYork
letters@metro.us

On the fourth Friday of each month, the first floor of The Eagle — a gay leather-themed bar in Chelsea — is crawling with puppies.

At any given moment, a handful of puppies will be playing with each other, sleeping on the floor and getting belly rubs, while the rest of them will be standing at the bar drinking. These are not your Westminster dog show pups. These are gay men who enjoy putting on masks and tails and assuming the roles of a dog. The fetish evolved from the gay leather scene nearly 40 years ago as a form of punishment, but today it's something more playful and fun.

It's also been one of the few ways to keep the gay leather scene growing in cities like New York, where gentrification and cost of living have driven out some of the cultural institutions that many in this community feel have dwindled. "Gay bars are our safe places from a hostile world and our refuge. It's just nice to come to a bar — especially a gay leather bar — where I



"Gay bars are our safe places from a hostile world and our refuge."

Vidhra Alexander

ALL IMAGES JOSEPH DARIUS JAAFARI

can find people who are like me," said Vidhra Alexander, 27, one of the more recognized pups in New York.

Alexander is the winner of Northeast Puppy, a contest of sorts that happens every year within the leather community.

"This is where I get to be unapologetically me,

versus when I walk down the street I can't just start barking at people," he said.

The puppy fetish began in the late 1970s, when submissive gay men were punished by their more dominant partners. Despite its 40-year history, the puppy scene has only begun

to flourish in the past few years with young gay men like Alexander being the primary audience drawn into the fetish.

"This is an opportunity for people to come and really see what being a puppy can be for them, and maybe experience a different fetish

they never knew they had," said Damien Basile, 36, who is Alexander's "handler," the term given to someone who is paired with a puppy. "You'd think New York would have this vast un-

derground leather scene where people can experience different fetishes, but that's just not the case. We went from 12 leather bars to one."

Though New York has a highly visible kink population compared to other cities — the city hosts the Folsom Street East Street Festival, the East Coast's largest kink street fair, every summer — the number of safe spaces for gay kinky men to indulge in their fetishes have decreased significantly. The last place to close down, Rawhide, was around for 33 years before its rent nearly doubled in 2013, forcing the owners to cease operations.

Alexander and the other pups who gathered at The Eagle last week say their culture is at risk without the leather bar.

"Queer space will always will be needed because we're a culture, we really can't pass our culture down by the typical 'have a kid' kind of way," he said.

And in today's political climate, where many LGBTQ members view the rights they gained over the past eight years at stake under a Donald Trump presidency, gay bars are their safe spaces from the outside world.



Report: Karina Vetrano murder suspect decided to take his rage out on her

Police are revealing what may have led Chanel Lewis to allegedly strangle Queens jogger Karina Vetrano and what in his past could have pointed to the brutal murder.

Five years ago, when the 20-year-old was still in high school, Lewis said he "wanted to bring a knife to school to stab all the girls," the New York Post reported. Lewis never acted on the statement he told a teacher's aide while at Martin De Porres High School, a school for emotionally disturbed students in Rockaway Park, Queens.

That alleged rage may have never been



Karina Vetrano FACEBOOK

resolved, according to DNAinfo, which reported that anger over a noisy neighbor

sparked the violence against Vetrano.

During his confession, Lewis told

investigators that a neighbor playing music too loud caused him to storm off from his

mother's East New York home, sources told the website. When Lewis encountered Vetrano jogging on a path inside Spring Park in Howard Beach on Aug. 2, he al-

"I think they faked it,"

Theresa Forbes

legedly decided to take out his rage on her. An official told ABC7 that Lewis said he just "lost it," before strangling the 30-year-old woman.

After six months with no suspect, police began looking into Lewis after checking summonses in the

area. The NYPD said Lewis made "detailed, incriminating statements" about Vetrano's killing and then provided a DNA sample that matched genetic material found under her nails.

He has been charged with second-degree murder in Vetrano's death.

Despite the DNA evidence, Lewis' family maintains he's innocent, according to DNAinfo.

"I think they faked it," his sister Theresa Forbes, 36, said.

"He would never do something like this."

Reuters contributed to this report. CRISTABELLE TUMOLA

EXPERT
ADVICE**CRUISE.COM**LOWEST
PRICE

LOWEST CRUISE PRICES GUARANTEED!

60% OFF 2nd Guest plus
30% OFF 3rd/4th Guest & Free Upgrade
 Free pre-paid Gratuities, up to \$100 Onboard Credit
 Complimentary Dining for 2, Spa Treatment for 1
 or a Bottle of Wine on select sailings and categories



Come Seek Your Next
Adventure with
Royal Caribbean

BAHAMAS/CARIB

3-Day Bahamas sailing round-trip Miami	5-Day Caribbean sailing round-trip Miami
\$249*	\$289*
Ocean View \$287* Balcony \$492*	Ocean View \$329* Jr Suite \$778*
Taxes & fees \$90.66pp	Taxes & fees \$109.55pp

BERMUDA

5-Day Bermuda sailing round-trip Baltimore	7-Day Bermuda sailing r/t Bayonne, NJ Anthem of the Seas
\$475*	\$673*
Ocean View \$542* Balcony \$1066*	Ocean View \$852* Balcony \$853*
Taxes & fees \$133.18pp	Taxes & fees \$205.18pp

EUROPE

7-Day Mediterranean sailing round-trip Venice	9-Day Mediterranean sailing round-trip Rome
\$509*	\$879*
Ocean View \$769* Balcony \$1439*	Ocean View \$949* Balcony \$1079*
Taxes & fees \$91.79pp	Taxes & fees \$90.12pp

**Deal
of the Week**

7-Day Caribbean
Anthem of the Seas
 sailing round trip Bayonne, NJ

\$590*
Fr. PP

Ocean View
\$641*
Fr. PP

Balcony
\$686*
Fr. PP

- 60% OFF 2nd Guest
- 30% OFF 3rd/4th Guest
- + Free Upgrade
- Free pre-paid gratuities

CARIB / ALASKA

7-Day Caribbean sailing r/t Fort Lauderdale	7-Day Alaska sailing Seward to Vancouver
\$599*	\$840*
Ocean View \$670* Balcony \$803*	Ocean View \$1097* Balcony \$2076*
Taxes & fees \$113.83pp	Taxes & fees \$217.07pp

CARIBBEAN

8-Day Caribbean sailing round-trip Bayonne Anthem of the Seas	12-Day Caribbean sailing round-trip Bayonne Anthem of the Seas
\$642*	\$1142*
Ocean View \$775* Balcony \$782*	Ocean View \$1309* Balcony \$1371*
Taxes & fees \$142.13pp	Taxes & fees \$160.35pp

EXOTIC

7-Day Australia sailing round-trip Sydney	7-Day U.S. & Canada sailing round-trip Boston
\$495*	\$589*
Ocean View \$961* Balcony \$1214*	Ocean View \$762* Balcony \$1089*
Taxes & fees \$115.11pp	Taxes & fees \$154.91pp

855-625-1521

*Prices are pp/dbl. Cruise only on select sailings. Certain restrictions apply. Gov't taxes and fees are additional. Prices include NCP's. Prices are quoted in US dollars. All itineraries and prices are current at time of printing and are subject to change without notice. All exclusive deals are per cabin on select ships, sail dates and categories and are not redeemable for cash. Ships' Registry: The Bahamas and Panama. CST #2015595-50 / Lowest Price Guarantee. In order to qualify for the guarantee the competitor's rate that appears in the advertising must be available for booking and be on the identical Cruise-only product. (Ship, Date, Destination, Category, etc.) The customer must meet the requirements for any rules that apply from the cruise lines in offering the rate. The guarantee does not apply to air, land components, onboard charges etc. This offer is only valid on cruise lines that are members of CLIA.



GOOGLE COMMONS

THE INSOMNIAC FILES *First in a series*

DESPERATELY SEEKING SLUMBER

OPINION



**KIMBERLY
M. AQUILINA**
@KimESTAqui

Sleep can be an elusive mistress. She doesn't mean to be cruel and, when you can catch her, she's pretty great to hang around, provided you can convince her to stay.

However, my whole life has been one giant swipe left at the hand of this siren of sleep. This promise of sweet surrender.

I am always and forever on the quest of slaying my dragon with a pill, an herb, a tea, a yoga pose and a whiny whimper, "I just want to sleep!"

Since I was a child, I've had the hardest time sleeping and an even more mountainous task of waking up on time. At night, the rest of the house would be quiet, aside for some Venetian blind-lifting snores from my dad. Yet, I was up reading or lip syncing to the local radio's Hot Nine at Nine.

Night-Time-is-the-Right-Time Kim was so inconsiderate to Next-Morning Kim.

I would hear the alarm clock and my mom yelling that I was going to be late for school, but I would fall back asleep and dream that, dressed in my school uniform, I was sitting at the kitchen table. By the time I heard my mom's voice again, my sleep-muffled mouth would tell her, "I'm eating oatmeal," when I was still indeed, the queen of Pillow Village.

After sleeping through five alarm clocks, a coffee maker and a pissed-off roommate in college, countless medical tests and assurances from my family doctor that I was too young to be so tired, a former supervisor at my first job as a grownup suggested I get a sleep study.

After more tests and two sleep studies, with multiple probes stuck to my limbs and scalp while medical professionals watched me sleep via a camera in the room, we figured it out.

Turns out, my sleepy time schedule is so backward, the head of the sleep center at Johns Hopkins University in Maryland said he sees only one person like me a year. Ten percent of the world's population are night owls, so my great-great-great-caveman granddaddy must've been the one to sit around and watch the campfire while the rest of the unibrowed grunTERS slept. (I also inherited his unibrow.)

With a graveyard shift and some carefully placed wax strips, problem solved, right?

But that minx of a mistress would still step away when I needed her most.

In this series, we aim to figure out life's grandest mystery: Why can't I sleep and how do I make myself just go to bed?

Desperate times have often called for desperate measures, but we'll take a look at some alternative (legal) methods of inducing Zs, so be sure to grab a Metro or go to Metro.us each week for the latest installment.



Explore new online programs and other in-demand certifications in fire science and security at John Jay College of Criminal Justice

Online Certificate Programs



American with Disabilities Act Advocate – 2/27

Be an advocate for people with invisible disabilities. Ideal for social workers, counselors, healthcare practitioners, attorneys and any other profession that interacts with people with disabilities. Become skilled at ethically advocating for persons with impairments through the use of combined medical/legal/coaching skills.



Law Enforcement Leadership – 4/3

This certificate provides law enforcement professionals and supervisors with skills to enhance public safety service delivery and law enforcement management. Learn how to hone your leadership skills as an officer of the law to affect the necessary change and manage challenging times in a multiracial and multicultural environment.



Fire Science

Active Shooter & Medical Emergency Preparedness – 3/6, 3/16 & 3/28

Consolidated Fire Safety Director – 3/20, 3/23, 3/27, 3/30

Construction Site Fire Safety Manager – 3/7

BOMR Refrigeration Recertification – 3/2

Emergency Action Plan – 2/22 F-80

Coordinator of Fire Safety and Alarm Systems – 3/9 & 3/13



Security Guard

8-Hour Pre-Assignment Training – 3/4

8-Hour Annual In-Service Training – 3/17

16-Hour On-the-Job Training –

2/25 & 2/26; 3/25 & 3/26

For more information: Text JJC to 99267
Email: professionalstudies@jjay.cuny.edu

Call 212-237-8699



"In this series, we aim to figure out life's grandest mystery: Why can't I sleep and how do I make myself just go to bed?"



STUYTOWN | LOTTERY

Lottery Open for Select Units

STUYVESANT TOWN/PETER COOPER VILLAGE
14th Street to 23rd Street, 1st Avenue to Avenue C

Amenities: 24-hour on-site property manager and security, outdoor space/playgrounds, laundry room, café, gym, bike storage, children's play space among others. Some amenities require an additional fee.

Transit: L Train, M9/M14/M15/M23 buses (among others)

No application fee. No broker's fee.

Initial waiting list still active for unit types not included in this lottery.
No action is required for applicants who have already applied and have not yet been contacted.

Who Should Apply?

Individuals or households who meet the income and size requirements listed in the table below may apply. To be eligible, households must also have less than \$250,000 in assets (some exceptions apply for retirement accounts). Qualified applicants will be required to meet additional selection criteria. NYC residents receive a preference.

Completed applications will only be accepted either by mail or online. All applicants will be placed on a waiting list for future vacancies.

1. See the Unit Types



2. View Unit Requirements

^Rents and Household Earning Limits advertised are based on current 2016 HUD AMI limits and will be adjusted at the time that new annual guidelines are published by HUD

Unit Size	Monthly Rent* (Using 2016 AMI)^		Household Size**	Annual Household Earning*** (using 2016 AMI)^
1 bedroom	\$2,805	→	1 person	\$84,150 - \$104,775
			2 people	\$84,150 - \$119,625
2 bedroom	\$3,366	→	2 people	\$100,980 - \$119,625
			3 people	\$100,980 - \$134,640
			4 people	\$100,980 - \$149,490

How Do You Apply?

Apply online or through mail. **To apply online, please go to: www.stuytownlottery.com.** To request an application by mail, send a self-addressed stamped envelope to: Stuyvesant Town/Peter Cooper Village Wait List, Peter Stuyvesant Station, PO Box 1182, New York, NY 10009 or download from www.stuytownlottery.com. **Send ONLY one application. Do not submit duplicate applications. Do not apply online and also send in a paper application. Applicants who submit more than one application will be disqualified. In-person applications cannot be accepted.**

When is the Deadline?

Applications must be postmarked or submitted online no later than **March 10, 2017**. No late applications will be considered. Mailed applications must be sent via United States Postal Service regular delivery. Applications mailed through a parcel carrier or any express delivery by USPS that requires a signature will not be accepted.

What Happens After You Submit an Application?

After the deadline, applications are randomly selected for review through a lottery process. Due to the overwhelming volume of applications, we cannot respond to individual inquiries. After the lottery is completed, you will be contacted and advised of your place on the waitlist.

* Rent subject to change and includes gas for cooking and electricity; additional surcharge for A/C.

** Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

*** Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income for household members.

Mayor Bill de Blasio
 HDC President Eric Enderlin



Activist lawyers at JFK Airport diner close makeshift office

A alternative office had seen fewer demands from arriving travelers now that President Trump's immigration ban remains suspended.



ALEXIS SACHDEV
@lexsachdev
alexis.sachdev@metro.us

In an airport diner, throngs of lawyers assembled to fight around the clock for detained immigrants and refugees who were blocked from entering the United States last month.

Central Diner, at John F. Kennedy International Airport's Terminal A, was their home for the past week. But now, these teams of attorneys overseen by the American Civil Liberties Union are packing up their makeshift office, The New York Times reported Monday.

The next legal battle against President Donald Trump's executive order banning travelers from seven Muslim-majority nations heads to the courts for its next fight.

Speaking to Metro last week, corporate insurance attorney Priya Gandhi, 31, said she



Lawyers set up provisional headquarters in a café area at JFK Airport in January. AMANDA MIKELBERG

went to JFK because she "was dumbfounded for what was happening. I couldn't believe what I was seeing."

Gandhi, the daughter of Indian immigrants, said she felt particularly compelled to help refugees and their families who were subjected to intense interrogation.

"It reminds me of the civil rights movement, when lawyers were assembling," Gandhi said.

"The legal industry is very competitive, and you have people usually going into courtrooms and arguing with each other. To see them all working side by side, making a difference, it's a beautiful thing to see."

A federal judge in Seattle blocked Trump's order with by issuing a temporary restraining order late Friday, which blocked nationwide implementation of key

parts of the travel ban. An appeals judge in San Francisco had denied the Trump administration's request for an immediate stay of that restraining order.

By 3 p.m. on Monday, the federal government needed to submit additional justification for Trump's temporary restriction to the appeals court. From there, the case could head all the way to the Supreme Court.



President Donald Trump GETTY IMAGES

Worried about Trump, asylum seekers walk cold road to Canada

Refugees fearing a worsening climate of xenophobia in the wake of a divisive presidential election are flocking to Canada in growing numbers.

Manitoba's Welcome Place refugee agency helped 91 claimants between Nov. 1 and Jan. 25 - more than the agency normally sees in a year. Most braved the freezing prairie winter to walk into Canada.

"We haven't had something before like this," said Maggie Yeboah, president of the Ghanaian Union of Manitoba, which has helped refugees get medical attention and housing. "We don't know what to do." A temporary restraining order by a judge of President Donald Trump's executive order that blocked nationwide the implementation of key parts of the travel ban has provided a reprieve

for refugees trying to come to the United States.

But Canadian advocacy organizations are bracing for a greater influx of asylum-seekers, driven in part by the contrast between the ruling Liberal government's acceptance of Syrian refugees in Canada with Trump's anti-foreigner rhetoric.

"They will make a dash for Canada, whether they are going to go through cold weather to die or not," said Abdikheir Ahmed, a Somali immigrant in Manitoba's capital Winnipeg who helps refugees make claims. Since late summer, 27 men from Ghana walked to Manitoba from the United States, Yeboah said. Two lost all their fingers to frostbite in December and nearly froze to death.

REUTERS

TAPOUT
FITNESS

**BUY 1 YEAR
GET 1 YEAR
FREE** OUR GIFT TO YOU!

EXPIRES 2/28

*See club for details. Offer ends 2/28/17.



**YOUR NEW YEAR'S
RESOLUTION RESCUE!**

**TAPOUT FITNESS
3 DAY GUEST PASS**

Full Service Gym, plus Exclusive Tapout Fitness
Classes, Programming, and Equipment
at both NYC Locations

EXPIRES 2/28

1915 3rd Ave., NY 10029

(At 106th St.)

212.369.3063

139 W. 32nd St., NY 10001

(Across from Penn Station between 6th & 7th Ave.)

212.465.1750

TAPOUTFITNESS.COM

Are you living with Fatty Liver Disease or NASH?

Research Study Available Now!

**Concerned about your
Fatty Liver or NASH?**

**A Research Study is
Enrolling Now!**

- No-cost investigational medication
- You have a 75% chance of getting active drug
- No-cost study-related care from a local doctor
- You may receive compensation for your time
- Must be between the ages of 18–75 (females must be post-menopausal or surgically sterile)
- Must be willing to attend regular clinic visits and take oral medication



**For More Information Contact: Phone # 646-625-3011
New York Clinical Trials • www.ClinicalTrials.NYC**

Are You Suffering From Vaginal Dryness?

**Do you have general
discomfort?**

New York Clinical Trials is currently looking for **women between the ages of 40 - 80 years old** to participate in a clinical trial investigating a once-a-day pill for the treatment of moderate to severe vaginal dryness in women in menopause.

Qualified participants will receive study-related medication and care at no cost!

**All Is Free and Confidential!
No Insurance Necessary!**



Call Us Today For More Information!

646-625-3011

Ask for Valerie

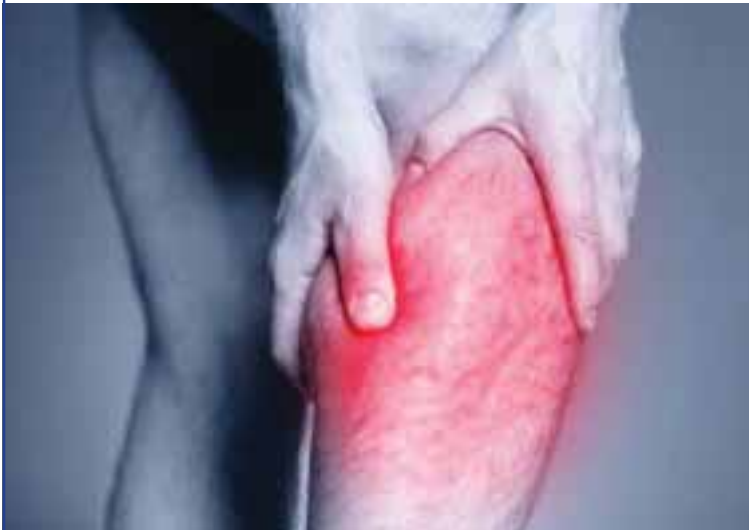
www.ClinicalTrials.NYC

FREE SCREENING

for Peripheral Arterial Disease (PAD) and Varicose Veins

Do you have leg pain?

Your leg pain could be a symptom of PAD or Varicose Veins. PAD is the narrowing of arteries in the legs that leads to abnormal blood flow and pain. Varicose veins are abnormally enlarged superficial veins usually seen in the thigh and lower leg.



There are treatments that are covered by most insurance providers.

February 15, 2017 5PM-7PM

Call today to register!

646-660-9999



New York Cardiovascular Associates
275 7th Avenue, 3rd Floor
New York, NY 10001
(Entrance on 26th Street)

US court to hear arguments Tuesday on Trump's travel ban

A U.S. federal appeals court will hear testimony on Tuesday over whether to restore President Donald Trump's temporary travel ban, the most controversial policy of his two-week old administration.

The 9th U.S. Circuit Court of Appeals in San Francisco on Monday asked lawyers for the states of Washington and Minnesota and the Justice Department to argue whether the ban should remain shelved. The court set oral argument for 3 p.m. PST on Tuesday.

A U.S. district judge in Seattle on Friday suspended Trump's order, opening a window for people from the affected countries to enter.

National security



President Donald Trump GETTY IMAGES

veterans, major U.S. technology companies and law enforcement officials from more than a dozen states backed a legal effort against the ban, that temporarily bars entry to the United States of people from seven Muslim-majority countries and halting the U.S. refugee program.

In a brief filed on Monday, the Justice

Department said U.S. District Judge James Robart's order on Friday was too broad and "at most" should be limited to people who were already granted entry to the country and were temporarily abroad, or to those who want to leave and return to the United States.

The new Republican president has said the travel measures are to protect the country against the threat of terrorism. Opponents say the 90-day ban is illegal, barring entry for citizens from Iran, Iraq, Libya, Somalia, Sudan, Syria and Yemen and imposing a 120-day halt to all refugees.

The case may ultimately reach the U.S. Supreme Court. REUTERS

CALL US TODAY!

212-532-2000

www.DentistsOnMadison.com



New Patient Special
Dental Cleaning, Exam,
and X-Rays Only **\$99**
(Original Price \$250)

- Essix Trays
- Clear Trays
- Fastbraces
- Veneers
- Implants
- Clear Braces

Perfect Your Smile!



Essix®

\$2000 OFF
Dental Implant

Originally **\$3799** -
You Pay Just **\$1799**
(Limited to one tooth,
start to finish)

Professional
Whitening

\$199
(reg. value \$400)



175 Madison Avenue
(btw 33rd and 34th Street)
New York, NY 10016
212-532-2000

FREE
Consultation

Have you been diagnosed with Fibroids?



Uterine Fibroid Embolization (UFE)

is the latest state of the art treatment at USA Fibroid Centers.
The treatment is minimally invasive non-surgical procedure with
a short recovery and no hospitalization.

Most insurance plans accepted, including Health First

Don't wait! Call now to schedule your appointment!

(718) 504-6414



www.USAVascularCenters.com

122 Fulton Street, 5th Floor
Manhattan, NY 10038

5221 Broadway
Bronx, NY 10463

2444 86th Street, Suite A
Bensonhurst, NY 11214

116-02 Queens Blvd
Forest Hills, NY 11375

260 W Sunrise Highway, Suite 102
Valley Stream, NY 11581

30-33 Steinway
Astoria, NY 11103

Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the **NY Pain MD** in New York City. "The same holds true for treating arthritis pain. I believe we are having so much success at **NY Pain MD** because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possible"

What is the "correct treatment?"

"That depends," said the director. "There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day," added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology*.

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at **NY Pain MD** use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Precision Arthritis Targeting Technology and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are not wait, get a good evaluation from an expert and make sure precision arthritis targeting is used to make sure you have the best chance for success."



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.



Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Knee With Painful Arthritis

Pain -

Illustration shown is a knee joint with painful osteoarthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



Hyalgan Injected Directly Into Knee Joint like "Joint Oil"

Successful Treatment -

Successful Treatment - Hyalgan (blue) being precisely injected directly into the knee joint using Hologic digital imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can lubricate the joint and decrease pain.



Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (and Hyalgan) misses the joint space. Research shows this occurs up to 30% of the time without the use of Hologic digital imaging to guide the injection. This is why Hyalgan may not have worked for you.

Knee Pain Screenings Offered To Help Determine If New York Metro Area Residents Qualify For Popular Treatment

Knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the past year and a half, hundreds of knee pain sufferers have flocked to **NY Pain MD** New York City.

That's when their specially trained-doctors added Hyalgan treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like "joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

*"We have been able to help so many knee pain sufferers - even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use **"Precision Arthritis Targeting Technology"**. This allows us to place the Viscosupplementation exactly where it needs to be. Studies show doctors doing joint injections without technology can miss the joint up to 30% of the time."* noted the Director of Center

NY Pain MD is a state of the art medical facility offering only the best technology.



Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluoroscopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. **NY Pain MD** uses this P.A.T. Imaging Technology. with each and every treatment.

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can Help You?

If you have knee pain, the **NY Pain MD** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology*.

Many Insurance Plans Participate:

Most Out-Of-Network Insurance Plans

United Healthcare In & Out Of Network (except the

Community Plan) Traditional Medicare • AARP

Medicare Most Union Plans • Transit Worker Plans

Work Related Injuries/Work Comp

Auto Accident plans

Out of network:

Aetna • Cigna • Empire • Oxford • Ghi • 1199 Blue

Cross Blue Shield & others

*EZ payment plans and financing also available

All you have to do is call 800-885-KNEE (5633)

right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at **NY Pain MD** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

Call: 800 885 KNEE (5633)

Are You Qualified For Knee Arthritis Screening With NYC Pain MD?

- ▶ Do you have pain and osteoarthritis (arthritis) of the knee?
- ▶ Have you tried other treatments such as NSAIDS and other anti-inflammatory medications without success?
- ▶ Have you already tried viscosupplementation (Hyalgan, Supartz, Synvisc) without satisfactory results?

If you answered yes to any of these questions - give **NY Pain MD** a call and schedule your no obligation knee pain screening

**NYC
PAIN MD**

800-885-KNEE (5633)

LOOSE DENTURES?

Smile with Confidence



Miracle on 35th Street

**Emergencies And Most Insurance Plans Welcome
Senior Cit. Discounts**

New York's Place for Same Day Dentures for more than 40 Years!

\$100 off each NEW denture! Exp: 2/28/17

Leaders in Implant Dentistry! - Est. 1977

DENTURE REPAIRS AND RELINES WHILE-U-WAIT!

FREE CONSULTATION

**CALL NOW
212.689.0024**



**224 West 35th St., New York, NY
16th Floor (between 7th and 8th Avenues)
www.heraldsquaredental.com**

Lawyer: US could grant final permit for Dakota pipeline as soon as Friday

Proponents believe the pipeline is necessary to transport U.S. oil safely and that it would create jobs.

The U.S. Army secretary could make a decision on the final permit needed to complete the controversial Dakota Access Pipeline as soon as Friday, the government's lawyer told a Washington, D.C., court on Monday.

The Army Corps of Engineers told the court it has submitted its recommendation to Robert Speer, the acting secretary of the Army, on whether it needs to complete a full environmental review before it can grant the final permit allowing work to start on a contested tunnel under a lake. The review was requested in December by former Pres-

ident Barack Obama.

Opponents argue that letting the pipeline cross under Lake Oahe, a reservoir that is the water source for the Standing Rock Sioux Reservation, would damage sacred lands and could leak oil into the tribe's water supply.

Jan Hasselman, an attorney with Earthjustice, who represents the Standing Rock Sioux, said the tribe will challenge the U.S. government in court if the Army grants the easement. The tribe, along with other Native American groups, environmentalists and other activists, have opposed the \$3.8 billion Dakota Access Pipeline led by Energy Transfer Partners LP.

He said it is unclear whether construction could begin while the decision is challenged or



Standing Rock at the Oceti Sakowin Camp in North Dakota GETTY IMAGES

whether the court will grant an injunction blocking the work.

"Our position is the tribe's treaty rights and the law require the full [Environmental Impact Study] process that the government initiated in December. Issuing the easement without that process will be a serious violation of the law," Hasselman told Reuters.

A spokesman for the Army was not immediately available to comment. Energy Transfer Partners declined to comment on the legal proceedings.

REUTERS



elite HEALTH CENTER

ELITE MEDICAL WEIGHT LOSS

LOSE 20 to 30 + Lbs without the sweat

- Elite HCG Protocol
- Lipotropic Injections
- Appetite Suppressant
- Reprogram Your Metabolism

GET STARTED TODAY

WE ACCEPT FLEX SPENDING!

INQUIRE WITHIN NOW!

917.819.1011

www.EliteWeightLossNY.com

WINTER SPECIAL



\$595*
Implant

*Must be completed at our office to qualify for promotional fees

**Complete tooth replacement
with post and crown**

\$1295*

**OFFER
EXPIRES**

02/11/2017

*All work must be completed at Elite Dental Implants
to qualify for promotional fee of \$1295 for Complete Tooth
Replacement. Limit 3 implants per patient.
Full payment due upon commencement of treatment.

Elite Dental Implants



New Queens Location
30-80 21st Street Suite C1,
2nd Floor,
Astoria, NY 11102

Manhattan Location
50 Broadway Suite 2001
New York, NY 10004

**3 Convenient
Locations**

*Speak with your
Smile Today!*

Long Island Location
601 Franklin Ave Suite 100
Garden City, NY 11530

FREE CONSULTATION
REPLACE MISSING TEETH PERMANENTLY

*Must bring this ad
on your first visit.*

646-791-8075

EliteDentalImplants.com

CALL

Se Habla Español

Mention you saw us in Metro Newspaper

TODAY!

LOVE WHAT YOU DO

start a new career
in just months



CULINARY
PASTRY
BREAD
WINE



PHOTO BY EVAN SUNG

ICC graduate
Bobby Flay
Culinary Arts '84



NEXT OPEN HOUSES:

Thursday, February 16 (6PM-8PM)

Tuesday, March 7 (6PM-8PM)

To RSVP **888.324.2433** or
CulinaryCenter.com/OpenHouse

International Culinary Center, 462 Broadway, Soho, NYC

'Conflicted' Patriots fans donate to civil liberties group as protest against Trump

Fans pledged thousands of dollars to the ACLU and Planned Parenthood to offset Trump's stated admiration for the team.



KRISTIN TOUSSAINT
@kristindakota
kristin.toussaint@metro.us

For some New England Patriots fans, rooting for their favorite team this season has come with some complications.

Just because they believe Tom Brady is the G.O.A.T. — and he showed it in Sunday's Super Bowl victory — doesn't necessarily mean those same fans approve of his friendship with President Donald Trump. It also doesn't mean they want to be associated with other Patriots supporters whose political views they do not share.

So to ensure their cheers came with a clear conscience, Pats fans donated thousands of dollars to service organizations like the ACLU, Planned Parenthood and the Center for American Islamic Relations for every touchdown or individual point the Patriots scored.

So far, fans have contributed more than \$20,000 to good causes.

Emma Sandoe, a doctoral student at Harvard, is one of those ambivalent fans.

Ahead of Super Bowl LI, she and her friend Josh Gondelman, a Bay State-born comedian and writer for the HBO comedy, "Last Week Tonight with John Oliver," had an idea.

"He and I were talking about how we have so many conflicted feelings about the game, because of the political polarization happening with the Pats," Sandoe said. "Then we agreed we should do something and he was thinking about donating. We came up with the hashtag ... and just started tweeting about it."



Boston celebrated after the Super Bowl. DEREK KOUYOUNJIAN / METRO

"I certainly hope that more people realize that Boston is a very diverse place."

Emma Sandoe

Using #AGoodGame, Sandoe and Gondelman spread the word. It quickly gained momentum, with popular accounts, like Timothy Simons, who plays Jonah Ryan on "Veep," sharing their pledges.

"When [tweets] started coming in, it felt great because we thought, 'Oh, these are our friends who think this is great idea and are generous,'" Sandoe said. "Then all sorts of strangers started doing it, snowballing into something that really felt like a community and like everyone was getting involved."

Sandoe has since been trying to add up the impact. She and Gondelman asked those who participated to send them screenshots of their donations.

The tally reached more than \$20,000 after just an hour of counting up receipts, she said.

"But I barely scratched the surface," Sandoe said. She's in the midst of making a spreadsheet with all the info.

Pats fans pledged to help a variety of organizations, including the ACLU, both its national office and Massachusetts chapter, The Center for American Islamic Relations, Planned Parenthood, the Southern Poverty Law Center and their local domestic violence

shelters.

It wasn't all about money; fans pledged to volunteer their time or make calls to their representatives as well.

Before kickoff, Trump picked the Patriots to win — a move that sparked reservations for some fans and fears that he "jinxed" their team for others. Patriots tight end Martellus Bennett has already said that he won't visit the White House to celebrate his team's win with Trump.

Brady isn't the only Patriots friend of the president. Patriots owner Robert Kraft said he received weekly calls from Trump in the wake of his wife's death in 2011.

Trump watched the Super Bowl from the Trump International Golf Club in West Palm Beach, Florida, but reportedly bowed out early when the Pats were still behind. The team's epic rally began in the fourth quarter.

"Hopefully it's an apt metaphor for our country that even though President Trump left his own Super Bowl party in the third quarter, hundreds of people stuck with their team and their principles for what turned out to be both #AGoodGame and a legitimately good game," Gondelman said in an emailed statement.

We have become the Poconos' Most Successful Builder asking this question:

Why Rent?

You can own a brand new home from Classic! NO HIDDEN COSTS!

THE COUNTRY HOME -- A Classic Mainline Home



now \$199,900

2,684 SQ. FT. • LARGE OPEN FOYER

\$6,997 DOWN PAYMENT

\$1,577* per month pays all including principal, interest, taxes and insurance!

THE HERITAGE -- A Classic Mainline Home



now \$283,500

3,424 SQ. FT. • 4 Bedrooms • 2 Car Garage

\$12,500 DOWN PAYMENT

***\$1,973* per month pays all including principal, interest, taxes and insurance!**

THE HOMESTEAD -- A Classic Mainline Home



now \$277,000

3,392 SQ. FT. • 4 BR PLUS SPACIOUS LOFT

\$9,695 DOWN PAYMENT

***\$1,954* per month pays all including principal, interest, taxes and insurance!**

THE CAMBRIDGE -- A Classic Mainline Home



now \$293,900

3,393 SQ. FT. • 4 Bedrooms • Covered Front porch

\$14,695 DOWN PAYMENT

\$2,025* per month pays all including principal, interest, taxes and insurance!

Everything's included! Act now and get up to \$5,000 toward Closing Costs!

Call toll free

1-800-276-4000

Visit our all-new website:

www.classicqualityhomes.com

Or text: cqh to 411669 to get text updates about our Home Buying Incentive programs

**CLASSIC
QUALITY HOMES**



* Monthly payments based on FHA 30 yr. fixed interest rate of 4.5% with 5% APR with a finance cap of \$271,000. Lower rates may apply to qualified buyers. All numbers are estimated. Conventional mtgs. also available. Figures quoted above on Cambridge model based on conventional 30 year mtg.

NC bathroom law puts NCAA events at risk

North Carolina is close to losing NCAA championship events for six years at a cost of more than \$250 million because of a law that restricts bathroom access for transgender people, a local sports official told state lawmakers on Monday.

The governing body for U.S. college athletics is reviewing bids to host events through spring 2022, including 133 from North Carolina cities and universities, said Scott Dupree, executive director of the Greater Raleigh Sports Alliance.

The law known as House Bill 2, which bars transgender people from using government-run restrooms that match



NCAA men's basketball championship GETTY IMAGES

their gender identity and limits local nondiscrimination protections, will doom the state's chances, Dupree wrote in a letter.

"Our contacts at the NCAA tell us that, due to their stance on HB 2, all

North Carolina bids will be pulled from the review process and removed from consideration," said Dupree, adding he was sharing the information on behalf of the North Carolina Sports Association.

Asked for comment, the NCAA said it expects to announce its site selections for upcoming seasons in April.

The organization in September moved championship events, including two rounds of the prominent Division I men's basketball tournament, from the hoops-loving state for the current academic year in protest at the measure.

"In a matter of days,

our state's sports tourism industry will suffer crushing, long-term losses and will essentially close its doors to NCAA business," Dupree said. "Our window to act is closing rapidly."

Adopted last March by North Carolina's Republican-controlled legislature, the law prompted legal challenges, boycotts by corporations and entertainers, and the relocation of the National Basketball Association's 2017 All-Star Game.

Supporters of the statute cite traditional values and a need for public safety, while opponents deem it discriminatory to lesbian, gay, bisexual and transgender people. REUTERS



Despite overtime thriller, Super Bowl TV ratings were down. GETTY IMAGES

Super Bowl draws lower TV ratings

Lady Gaga's halftime show drew 117.5 million viewers.

Fox Television's broadcast of Super Bowl LI on Sunday night drew 111.3 million viewers, according to Nielsen data released by the network on Monday, the smallest audience for the National Football League's title game in four years.

The Falcons were in control for much of the game, with a 28-3 lead midway through the third quarter. Viewership surged as the Patriots' pushed the game into overtime, peaking at 117.7 million from 10 p.m. to 10:15 p.m. ET.

Without the Patriots' rally, ratings would've been even worse for Fox, which still posted the least-viewed Super Bowl since 2013, when 108.7 million watched the Baltimore Ravens defeat the San Francisco 49ers.

Last year's Super Bowl drew a 111.9 million viewers to CBS, while the Patriots' previous title game appearance in 2015 helped NBC draw 114.4 million viewers, the most-watched TV broadcast in U.S. history.

Despite the lower viewership, the brief overtime, in which the Patriots scored a touchdown in their first possession, allowed Fox to add four more commer-

cials. It is not clear how many more ad dollars Fox was able to get; the network was charging \$5 million for 30-seconds of airtime during the game. Fox brought in an estimated \$509.6 million in ad revenue for the broadcast, according to research firm iSpot.TV.

Advertising took up 23 percent of the broadcast, with 51 minutes and 30 seconds of commercials. That made it the second-most ad-cluttered Super Bowl game, according to ad-tracking firm Kantar Media.

The four-year viewership low comes on the heels of a disappointing NFL season that saw ratings decline 9 percent and another 6 percent through the playoffs leading up to the Super Bowl. The NFL's four U.S. TV partners, Fox, NBC, CBS and Walt Disney Co's ESPN, are collectively paying \$5.4 billion per year under their current media rights contracts.

Much of the ratings decline during the season was blamed on the contentious U.S. presidential election drawing interest away, as well as the lackluster quality of play early in the season. Prior to the Nov. 8 election, ratings were down 12 percent, but were only off by 5 percent after, according to analysis by Moffett Nathanson.

REUTERS

VILLAGECARE
Rehabilitation and Nursing Center

214 W. Houston Street, New York, NY

BEST NURSING HOMES
USNews
2016-17

NAMED FOR 6 STRAIGHT YEARS

CMS
FIVE-STAR RATED

- ▲ Sub-acute Care
- ▲ Skilled Nursing Care
- ▲ Pre and Post Operative Care
- ▲ Private/semi-private rooms
- ▲ Rooftop garden featuring breathtaking views of the NYC skyline

Call us for more information or to schedule a tour

212.337.9400

www.villagecare.org/vcrn

f /villagecareny
@villagecare

Download on the App Store
GET IT ON Google play

British speaker opposes letting Trump address parliament



Britain's Speaker of the House of Commons John Bercow GETTY IMAGES

The speaker of Britain's lower house of Parliament said on Monday he would not support any plans for President Donald Trump to address Parliament during a state visit planned for later this year, citing Trump's temporary immigration ban as a factor.

More than 1.8 million people in Britain have signed a petition calling for Trump's planned visit to be canceled or downgraded to avoid embarrassing Queen Elizabeth, part of a grassroots backlash against his immigration policies.

Prime Minister Theresa May has defended the decision to offer a state visit, but more than 150 lawmakers have signed a symbolic motion calling for Trump not to be given the honor of speaking in Parliament.

Asked by an opposition Labour lawmaker about the possibility of a parliamentary address, House of Commons Speaker John Bercow said he shared the concerns.

"As far as this place [Parliament] is concerned, I feel very strongly that our opposition to racism and to sexism and our support for equality before the law and an independent judiciary are hugely important considerations," Bercow said, earning a round of applause from lawmakers.

Trump's executive

order barring entry to the United States for refugees and people from seven Muslim-majority countries has prompted worldwide protests, including by thousands of demonstrators in London.

The temporary immigration ban faced a legal hurdle on Monday that could determine whether he can push through the most controversial and far reaching policy of his first two weeks in office.

As one of the key figures whose approval would be needed for a parliamentary address, Bercow said he would oppose any possible move to invite Trump to speak in either of the two locations which host foreign leaders during state visits.

In 2011, Barack Obama became the first U.S. president to address both houses of Parliament in Westminster Hall, the oldest building in the parliamentary palace, which has also hosted South Africa's Nelson Mandela and France's Charles de Gaulle.

"Before the imposition of the migrant ban, I would myself have been strongly opposed to an address by President Trump in Westminster Hall. After the imposition of the migrant ban by President Trump, I am even more strongly opposed to an address by President Trump in Westminster Hall," Bercow said. REUTERS

"An address by a foreign leader to both houses of Parliament is not an automatic right; it is an earned honor." Bercow

RUSSIAN RELATIONS

Diplomat: US, Russian ministries must restore direct link

One of Russia's top diplomats said on Monday that government ministries in the United States and Russia should restore direct communications channels with each other as part of a first step to rebuild bilateral ties.

President Donald Trump and his Russian counterpart Vladimir Putin have both said they would like to try to mend U.S.-Russia relations that slid

to a post-Cold War low after Moscow's 2014 annexation of Ukraine's Crimean Peninsula.

Sergei Ryabkov, Russia's deputy foreign minister, told the Moscow-based Security Index Journal in an interview published on Monday that restoring interministerial and interagency ties between the two countries was now essential.

"A reset in contacts between ministries and agencies in one form or another has long been needed," said Ryabkov, saying

contacts had been frozen since 2014.

Ryabkov, in the same interview, said a Russian proposal to discuss cyber security issues at an interagency level with the United States was still on the table.

U.S. intelligence agencies accused Moscow of sponsoring computer hackers to try to influence last year's U.S. election in Trump's favor, allegations Russia denies.

Ryabkov said Moscow

had many questions on cyber security for U.S. officials, citing hacker attacks on Russian websites.

He also dismissed the idea of Moscow agreeing to make nuclear arms cuts in exchange for sanctions relief.

Trump, in a newspaper interview last month, floated the possibility that U.S. sanctions on Russia imposed over Crimea could be lifted as part of a deal involving nuclear cuts.

REUTERS

NOW is the time to take care of YOUR BODY!

- ✓ Varicose Veins
- ✓ Leg Ulcers
- ✓ Spider Veins
- ✓ Pain/Burning
- ✓ Restlessness
- ✓ Heaviness
- ✓ Swelling
- ✓ Itching
- ✓ Fatigue
- ✓ Cramping

Frustrated with previous treatments, services and poor results?

Trust the doctor that cares about you!



- **Personal** & discrete care delivered directly Ronald Lev, MD
- **Certified** by the American Board of Venous and Lymphatic Medicine and the American Board of Anesthesiology

- **No downtime**
- **15 minute** minimally invasive procedures
- **Consistently** ranked #1 Vein Doctor in NYC by our patients

Tired of long diets, juice cleanses & lotions?

Smart Lipo Laser Body Countouring

GET RID OF ...

- ✓ Body Fat
- ✓ Sagging Arms
- ✓ Double Chin
- ✓ Cellulite & more



ADVANCED VARICOSE VEIN
TREATMENTS OF MANHATTAN
TreatmentsofManhattan.com
DRLEV@TREATMENTSOFMANHATTAN.COM

212.204.6501

Most Vein Treatments Covered by Major Health Insurances including Medicare

NEW MIDTOWN LOCATION
369 Lexington Ave.,
Suite 18A (bet 40th & 41st St),
New York, NY 10016
close to 4, 5, 6, 7, S, F and
Metro North

111 John St, Ste 1450
(Bet Cliff & Pearl St),
New York, NY 10038

EVENING APPOINTMENTS AVAILABLE!
¡Hablamos Español!

African-American and Latino individuals who are or were employed as New York City public school teachers and who failed the Liberal Arts and Sciences Test for the first time after February 13, 2004, may be eligible for money and other relief

- > A Federal court ruled that the New York City Department of Education ("DOE") (formerly the Board of Education) discriminated against African-American and Latino teachers who either lost or were denied a permanent teaching appointment as a result of failing an administration of the Liberal Arts and Sciences Test ("LAST") after February 13, 2004.
- > The Court certified an amended class of plaintiffs for monetary and other individual relief, such as restoration of in-system seniority (the "Class").
- > You have a choice to either stay in the Class or not, but **you must decide this now.**
 - **Option 1:** You may choose to remain in the class and be represented by Class Counsel. You will be entitled to share in any settlement or recovery on behalf of the Class. You will be legally bound by all orders and judgments of the Court and will not be able to file a separate lawsuit for the same conduct alleged in this case.
 - **Option 2:** You can remain in the Class and hire your own counsel at your expense. At this time you are represented by the Class Counsel.
 - **Option 3:** You may ask to be excluded from the Class, in which case you will not be entitled to share in any settlement or recovery obtained on behalf of the Class, but you will have the right to file your own suit for monetary relief.
- > To exclude yourself from the Class you must send a letter postmarked no later than April 30, 2017, with your (i) name, (ii) address, (iii) telephone number, (iv) signature, and (v) say you want to be excluded from Gulino v. BOE. Send the letter to Gulino v. Board of Education, PO Box 9000 #6543, Merrick, NY 11566-9000.
- > If you choose to remain in the Class, you must submit a claim form in order to be eligible for monetary and other individual relief.
- > To get a claim form or if you have questions about this case, you may contact The Garden City Group, Inc. at no charge to you:
 - Call: (844) 322-8233;
 - E-mail: questions@gulinoifsgation.com;
 - Writer: Gulino v. Board of Education, PO Box 9000 #6543, Merrick, NY 11566-9000; or
 - Website: www.gulinoifsgation.com

PLEASE DO NOT CONTACT THE COURT OR THE CLERK'S OFFICE TO OBTAIN ANY INFORMATION OR ADVICE.

Super Bowl ads score eyeballs with political football

Twitter chatter explodes surrounding commercials with social messages, but celebrity and humor still play a large role in the million-dollar price tag TV spots.

With Americans' attention more finely tuned to the political climate under President Donald Trump, brands that dove headfirst into that conversation generated the most reaction from viewers during Sunday's Super Bowl.

For much of the evening, the chatter around commercials by Airbnb, Coca Cola and Budweiser was more exciting than the Super Bowl itself.

With the thrilling fin-



During the pregame, Coca Cola reaired its ad from the 2014 Super Bowl, which featured "America the Beautiful" sung in different languages, which prompted more than 74,000 tweets. GETTY IMAGES

ish, viewers could exceed the 114.4 million who watched Super Bowl XLIX in 2015, providing a massive audience for advertisers who paid more than \$5 million for 30 seconds of air time.

A teaser for the second season of Netflix hit show "Stranger Things," as well as celebrity-studded and humorous ads from T-Mobile and Procter & Gamble's Mr. Clean, drew the most attention on social media.

Still, brands such as Airbnb that leaned into subjects of diversity and immigration, by and large sparked the most conversation among viewers. The company's ad, featuring a diverse group of employees touting a message of acceptance, will be seen by many as a criticism of Trump's immigration policies.

Airbnb was one of the last to buy a Super Bowl spot; co-founder Brian Chesky wrote on Twitter they purchased and shot the ad last Thursday.

The commercial was among the most discussed by viewers, generating nearly 78,000 tweets between 6:30 p.m. and 11 p.m., data from digital marketing technology company Amobee shows.

Budweiser's spot, telling the story of Anheuser-Busch's immigrant co-founder Adolphus Busch, and Pennsylvania-based building materials company 84 Lumber Co.'s ad were among the most talked about as well.

84 Lumber's commercial had to be reworked after Fox rejected an initial version that featured a border wall, which was in the company's full-length online version.

Amobee data found the sentiment for the ads skewed positive.

Advertisers have been grappling with how to reach consumers in the political climate under Trump, when viewers' increasingly partisan attitudes make it more difficult to market to a broad audience. REUTERS

Feet Hurt? Bunions? Hammertoes? Heel Pain?

Platelet Rich Plasma Therapy (PRP)

A new approach for treating Tendon Injuries for the Achilles, Tendinitis and Plantar Fasciitis (Heel and Arch Pain)

Take The Foot Health Checkup

- My toes are stretched, discolored and thickened.
- The sides of my toes dig into the skin and hurt.
- I have a large bump behind my big toe (a little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight- they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly- sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rashes, or open sores.

If any of these apply to you...

Call today.

Patient is responsible for co-pays & deductibles

most insurance plans accepted complete family foot care laser surgery available

Relief For Chronic Heel Pain

New Featuring **genesisplus™**

New FDA Laser Treatment For Nail Fungus, Scars & Warts

CUTERA



New Treatment For Heel Pain, Shockwave, PRP (platelet rich plasma) as seen on the front page of The New York Times

The Most Advanced Techniques Used For Bunions & Hammer Toe Correction

Downtown location

63 Broadway Suite 1103
Financial District
NYC, NY 10006
212-486-7333

Midtown location

121 E. 80th St.
New York City, NY
212-486-7333
Paul Drucker DPM
Jordan Drucker DPM

235 East 22nd Street
(between 2nd and 3rd Ave)
1 212-486-7333
184 East 20th St
212-772-3500



Training Addiction and Recovery Professionals

"We'll Teach You How to Help Others"

ADDICTION COUNSELORS ARE IN HIGH DEMAND!!!

New Year Special

ACT NOW! Get the best CASAC training in the State at the BEST PRICE in the State. For a limited time our regularly price \$4,000 tuition is now \$3,200. Save \$800, but act now to get this Fantastic price. Payment plans available. Start Class Immediately after 1st payment/deposit. Most Veteran education benefits accepted. Our 8 month NYS Certified (CASAC) Credentialed Alcoholism and Substance Abuse Counselor Training Program, has day, evening and weekend classes all at our convenient Midtown Manhattan or Long Island location.

Call us today at 646-669-7025 or 718-909-8034
or email williamperkins@acttc.com
Website - www.Acttc.com

Varicose Vein Problems?

Don't Worry! Our state of the art vein clinics & highly trained Vein Specialists will help you!

Are you suffering from the following symptoms?

- | | |
|---|---|
| <input checked="" type="checkbox"/> Varicose Veins | <input checked="" type="checkbox"/> Swollen Legs |
| <input checked="" type="checkbox"/> Spider Veins | <input checked="" type="checkbox"/> Skin Discoloration |
| <input checked="" type="checkbox"/> Itching and Burning | <input checked="" type="checkbox"/> Leg Ulcers |
| <input checked="" type="checkbox"/> Leg Pain | <input checked="" type="checkbox"/> Blood Clots |
| <input checked="" type="checkbox"/> Leg Cramps | <input checked="" type="checkbox"/> Difficulty Standing |

Don't suffer for another day!



*Trust your legs only to the top
Vascular Specialists at
USA Vein Clinics.*

Medicare, Medicaid and Most Insurance Plans Accepted!

Call us now to schedule a consultation with one of our highly trained Vein Specialists!



(917) 717-5135



Manhattan:

1153 1st Avenue Manhattan, NY 10065 **2 3 R Q W**
122 Fulton Street New York, NY 10038 **A 1**
4159 Broadway New York, NY 10033 **A C E 1 2 3 4 5 6**

Brooklyn:

2511 Ocean Ave Brooklyn, NY 11229 **R Q B**
2444 86th St Brooklyn, NY 11214 **D**
NEW 2965 Ocean Pkwy Brooklyn, NY 11235 **Q B**

Bronx:

5221 Broadway Bronx, NY 10463 **1**

Upstate:

NEW 156 Route 59, Ste B1, Suffern, NY 10901

Queens:

116-02 Queens Blvd Flushing, NY 11375 **R M**
30-33 Steinway St Astoria, NY 11103 **R M W**
40-04 Forley St, Jackson Heights, NY 11373 **E F 7**
59-20 Myrtle Ave Queens, NY 11385 **M L**

Staten Island:

1975 Hylan Blvd Staten Island, NY 10306

New Jersey:

766 Shrewsbury Ave, Ste 300, Tinton Falls, NJ 07724
81 Route 37 West, Toms River, N 08755

FALL IN LOVE WITH A NEW CAREER



Visit **MILDRED-ELLEY.EDU** to get started!

Start Your Career in:

Practical Nursing (LPN) • Medical Assisting
Business Management • Paralegal Studies
Massage Therapy



Make a Change. Call Today!

CALL (888) 419-5635

Mildred Elley is celebrating 100 years! Visit **MILDRED-ELLEY.EDU**

Mildred Elley career college • 25 Broadway, Floor 16 | New York, NY • Located Across from the Wall Street Bull
Accredited by ACICS, Approved by ACCES-VR • Approved for VA Education Programs such as GI Bill & MyCAA
For program details and disclosures including Albany extension site programs visit mildred-elley.edu/disclosures

solutions for every business
print • outdoor • online

to advertise, contact (212) 457-7735 or advertising@metro.us

metro media

media.metro.us

Scientists find crop-destroying caterpillar spreading rapidly in Africa

Scientists tracking a crop-destroying caterpillar known as armyworm say it is now spreading rapidly across mainland Africa and could reach tropical Asia and the Mediterranean in the next few years, threatening agricultural trade.

In research released Monday, scientists at the Britain-based Centre for Agriculture and Biosciences International said the pest, which had not previously been established outside the Americas, is now expected to spread "to the limits of suitable African habitat" within a few years.

The caterpillar destroys young maize plants, attacking their growing points and burrowing into the cobs.

"It likely traveled to

Africa as adults or egg masses on direct commercial flights and has since been spread within Africa by its own strong flight ability and carried as a contaminant on crop produce," said CABI's chief scientist, Matthew Cock.

Armyworm, known as "fall armyworm" in the United States due to its tendency to migrate there in autumn, or fall, is native to North and South America and can devastate maize, a staple crop crucial to food security in large parts of Africa.

Suspected outbreaks have already erupted in Zambia, Zimbabwe, Malawi and South Africa and the U.N. Food and Agriculture Organization said last week it had spread to Namibia and



South Africa's agriculture ministry said last week it was registering pesticides for use against armyworm. GETTY IMAGES

Mozambique.

The CABI research found evidence of two species of fall armyworm in Ghana for the first time and scientists are now working to understand how it got there, how it spreads, and how farmers can control it in an environmentally friendly way.

"This is the first time it has been shown that both species or strains are established on mainland

Africa," Cook said. "Following earlier reports from Nigeria, Togo and Benin, this shows they are clearly spreading very rapidly."

While armyworm mainly affects maize, it has also been recorded eating more than 100 different plant species, causing major damage to crops such as rice and sugarcane as well as cabbage, beet and soybeans. REUTERS

**Great Rate and a Bonus on Each
1-Year Anniversary -- with Your Choice
of Passbook or Statement Savings!**

BONUS Savings Account

0.75% APY*
\$25,000 minimum to earn stated rate

PLUS

BONUS**
0.25%
On each 1-year anniversary of account opening

Visit one of our conveniently located branches today!

Apple Bank

Established 1863 • Member FDIC

www.applebank.com • 914-902-2775

*For the Apple Bank BONUS Savings account, interest earned on daily balances of \$2,500 or more at these tiers: \$2,500-\$24,999: .10% Annual Percentage Yield (APY), \$25,000 and up: .75% APY. There is no interest paid on balances of \$0-\$2,499. APYs disclosed effective as of January 3, 2017. APYs may be changed at any time at the Bank's discretion. There is a minimum of \$2,500 required to open the Apple Bank BONUS Savings account. \$2,500 minimum daily balance is required to avoid \$10 monthly maintenance fee. Fees may reduce earnings. Funds used to open this account cannot be from an existing Apple Bank account. Maximum deposit amount is \$3,000,000 per household.

Special bonus feature: A .25% simple interest rate bonus will be paid on each anniversary date of account opening on the lowest balance for that year (anniversary date to anniversary date). No bonus is paid if the account balance is less than \$2,500 on the anniversary date. Additional deposits during a given anniversary period do not affect the bonus interest payment. Deposits made to the account on any anniversary date will be used to calculate the lowest account balance for the next anniversary period. The bonus interest is calculated on the lowest balance on deposit from one anniversary date to the next anniversary date. Simple interest rate bonus is subject to change at any time after first anniversary date of account opening. **Hypothetical example of how bonus works: Assume an account is opened on January 12, 2017 for \$50,000. A \$10,000 withdrawal is made on July 12, 2017. No other withdrawals are made prior to the January 12, 2018 anniversary date. The low balance is now \$40,000, so \$100 in bonus interest will be paid on January 12, 2018.

HURT YOUR KNEE? BACK?

Do you suffer from joint pain or sports injuries in the following areas?

- Neck
- Shoulder
- Knee
- Back
- Elbow
- Ankle
- Hand
- Hip
- Foot



- Specializing in all Sports Injuries, Orthopaedic, Pain Management & Rehabilitation issues
- Board Certified & Fellowship trained Physicians
- Medicare & Most Insurances Accepted
- Same Day Appointments Available
- We offer GEL and PRP injections utilizing ultrasound guidance

Manhattan

5 Columbus Circle, 10th Fl
New York, NY 10019



Riverside Orthopaedic
and Sports Medicine

Queens

31-11 31st Avenue
Astoria, NY 11106



(212)265-2828

www.riversideorthopaedic.com

Online appointments available on our website!

Jennifer Lopez posts cryptic Instagram note

Timing is everything. OK, that's not something I would normally say, but now that I've seen this on Jennifer Lopez's Instagram, I don't know, guys. I'm tempted to agree.

"Timing is everything. If it's meant to happen, it will, and for the right reasons," the post reads. What could this possibly mean?! Could it be a response to recent speculation about the pop star's definitely not fake relationship with Drake? According to Perez, Canada's finest rapper and "Degrassi" alum

was recently spotted getting close with a retired porn star in Amsterdam last week, which, OK. But what does it mean?! I suppose we'll just have to wait and see. In the meantime, I encourage Jennifer Lopez to keep posting really thirsty pics on Instagram because, honestly, she looks great.



Nicole Kidman to write explosive tell-all

Nicole Kidman is finally opening up. The 49-year-old is rumored to be working on a tell-all autobiography. And literally? My mouth is watering just thinking about all the goodies. According to Daily Mail, the "Lion" actress has maybe decided this is the time to lift the lid on her very guarded, very private life. And she could earn a cool \$11 million for it which isn't too shabby either. Surely, Kidman will dish on her experiences with ex-husband Tom Cruise and the Church of Scientology, which

she has never really gone public about — because her two children with Cruise, Connor and Isabella, are devoted followers of the cult, er, I mean, church. Other likely dishy topics include her now husband, Keith Urban, and his struggle with drugs; her maybe-torrid affairs with the likes of Ewan McGregor and Lenny Kravitz (girl, get it!); and maybe, hopefully, her decision to go blonde, even though we all know that the red hair looks so damn good on her. Don't fight it, Nicole!

the word

RACHAEL CLEMMONS

Scarlet Johansson on whitewashing in 'Ghost in the Shell'

Listen, I mostly don't have anything against Scarlett Johansson. In fact, I like her. I long to have her throaty laugh and her deep, husky voice, and I almost get it right whenever I have the flu. But I have some concerns. The bombshell recently sat down with Marie Claire and talked about being the highest-grossing actress in Hollywood history, struggling for equality as a woman and smuggling her breast pump into the Oscars. Cool! But then she discussed the controversy surrounding her role in "Ghost in the Shell," a film that many critics agree is another instance of Hollywood's classic tendency to whitewash nonwhite characters.

Sigh. Whitewashing really isn't cute. And neither is her



MARIE CLAIRE

hedging the issue. "I certainly would never presume to play another race of a person," the "Avengers" actress said. "Diversity is important in Hollywood, and I would never want to feel like I was playing a character that was offensive." OK, but no. It's not about playing an offensive

character. It's about giving opportunities to people of color instead of having a white woman play the Asian lead character in a film based on a manga. Of course, the issue is bigger than just Johansson — but still. At least it's a film with a definitive female lead, I'll give her that. So, yay?



ALL PHOTOS GETTY IMAGES
UNLESS OTHERWISE STATED

Zayn Malik slams critics over anxiety

Zayn Malik has a message for all of his, um, haters. The singer and former One Direction boy band member took to Twitter over the weekend to remind everyone that he's here to stay. According to the Daily Mail, the singer has only sporadically appeared on stage, thanks to his struggle with anxiety, and was getting slack for

it in the press.

"I recall someone saying to me a while back music wasn't my thing and maybe I should try something else," the 24-year-old tweeted after hearing the criticism. "I guess we're all good at doing things we shouldn't," he continued, with some festive emojis. I oscillate between being

like, "Hey, why is this guy a thing," and, "This guy is mad talented, but I know way too much about his personal life considering I have never listened to any of his music." Regardless, anxiety is real. And illness should never get in the way of you pursuing your dreams. Anyone who says otherwise is ignorant AF, bye.



Surprise your crush

Dancing Deer's The Flirt Gift (\$27.99 with shipping) can be sent anonymously to any recipient to sweeten his or her day. Just don't be creepy. Dancingdeer.com



Her new heart-shaped box

Jules Kae "Luci" crossbody bag, \$168, juleskae.com

Work it

Carbon38 x Curtis Kulig Soho sports bra, \$75, carbon38.com



Love (and gifts) conquer all

Spoil your bae with these sweet indulgences. **TINA CHADHA**



Come correct

Ruffino Sparkling Rose, \$14.99, Wine stores nationwide

Hello, lover

& Other Stories sheer lace bra (\$39); briefs (\$17), stories.com



Pucker up

Smith & Cult The Tainted Lip Stained Flatte in Lovesucker, \$24, smithandcult.com



The Beyonce of bouquets

Urbanstems just launched a new collection of pop-star-inspired bouquets: The Adele (\$35), The Bey, left, (\$80), and The Gaga (\$65), all delivered fresh. urbanstems.com



Breakfast in bed is your new ritual, thanks to sunny tray set

Wolfum x Thing Ind. tray set, \$98, wolfum.com



The prettiest candle around

Diptyque limited-edition Rosa Mundi candle, \$68 6.5 oz. candle, diptyqueparis.com

ALL IMAGES PROVIDED

EXPERT ADVICE CRUISE.COM LOWEST PRICE

***Free Pre-Paid Gratuities, Free Upgrades plus up to \$1200 Onboard Spending & More!**

Carnival	NORWEGIAN	Disney Cruise Line	Holland America Line	Celebrity X	PRINCESS CRUISES
7-Day U.S./Canada	7-Day Bahamas	7-Day Caribbean	7-Day Alaska	7-Day Bermuda	15-Day Hawaii
\$519*	\$549*	\$590*	\$689*	\$689*	\$1179*
Cruise Only: \$699*	Cruise Only: \$629*	Cruise Only: \$641*	Cruise Only: \$789*	Cruise Only: \$799*	Cruise Only: \$1369*
Full Fare: \$959*	Full Fare: \$749*	Full Fare: \$686*	Full Fare: \$979*	Full Fare: \$1029*	Full Fare: \$2199*

800-395-6851

*Prices are per person. Cruises only on select sailings. Certain restrictions apply. Gov't taxes, and fees are additional. Prices include NCP's. Prices are quoted in U.S. dollars. All itineraries and prices are current as of time of printing and are subject to change without notice. All expenses noted are per cabin on select sailings. CDT 1/20/16/17 (6)



HUDSON RIVER PARK'S
PIER 40, NEW YORK

SEE NEW YORK. BE IN LOVE.




Surprise your valentine with a romantic
Hornblower dinner or brunch cruise.
Amazing views. Unforgettable memories.

xoxo Hornblower

Brunch . Dinner . Holiday

Pier 40 in the West Village
353 West Street
New York, NY 10014



HornblowerNY.com/Metro | 646-490-0606 | FOLLOW US    @HornblowerNY

NEW YORK SAN FRANCISCO BERKELEY SAN DIEGO NEWPORT BEACH LONG BEACH MARINA DEL REY

**Visit our website for the most up-to-date seasonal cruise schedules. Senior, child and military discounts available. Yacht subject to change.*



When you step far enough back, the 33 rods resolve into a heart. RENDERING COURTESY OF THE OFFICE FOR CREATIVE RESEARCH

A valentine to immigrants

The new sculpture in Times Square shows the beating heart of the city.



EVA KIS
@thisiskis
eva.kis@metro.us

Times Square is giving a valentine to all the immigrants of New York City.

A new heart-shaped sculpture called “We Were Strangers Once Too” will be unveiled today on Duffy Square, which won the Times Square Alliance’s ninth annual heart-themed design competition for Valentine’s Day. It’s made up of 33 rods ringed in red and pink bands showing the number of immigrants from over 100 countries who call NYC home. Out of 8.25 million residents, 3.13 million were born in another country, according to 2015’s American Community Survey.

“What we wanted to show people is there is incredible richness of cul-

tures that come to New York City, and if [President Donald] Trump wants to build a wall he’s going to have to build a lot of walls because there’s a lot of countries that make this city what it is,” says Jer Thorp, a Canadian immigrant and co-founder of The Office for Creative Research, Brooklyn’s hybrid artist collective and R&D group that created the sculpture.

The idea for “We Were Strangers Once Too” — a phrase taken from a 2014 speech on immigration by former President Barack Obama — came to Creative Researcher Genevieve Hoffman and her team the week after the election. “We were definitely taking into consideration the platform that Trump had campaigned on and how we felt,” she says.

Thorp is quick to point out, however, that the sculpture doesn’t take any sides, presenting its facts without any political context in a world domi-

If you go

‘We Were Strangers Once Too’
Feb. 7-March 5
Duffy Square, Broadway and Seventh Avenue at 46th Street
Free, timessquarenyc.org

nated by bias and fake news: “It’s a reminder to everybody that unless you’re Native American or African-American whose ancestors were brought here against their will, you’re an immigrant in some way, and we should remember to sympathize with people because that’s what we were.”

Thorp also has a personal wish for “We Were Strangers Once Too.”

“One of the things we hope is this piece, to whatever extent it can, acts as another kind of rallying point,” he says. “I don’t think anything would make us happier than seeing a big march being centered around it.”

Five art exhibits to check out now

‘Home: 100 Artists’

Ouchi is the Japanese word for “home.” And for each of its 10 years in Downtown Brooklyn, Ouchi Gallery has invited 100 artists “to celebrate the meaning of ouchi” for their signature exhibit, “Home.” The pieces range from young artists just getting their start to established names like fashion photographer Felicia Van Ham; prices range from \$30-\$2,000. There’s also a note of bitter irony: This is the final “Home” show for the gallery before it closes its doors on April 30.

Through Feb. 21, noon-6 p.m., free, 170 Tillary St., Suite 105, Brooklyn, ouchigallery.com

‘Orbit’

The creative duo known as MPA gave up on Earth back in 2013, when they moved to the California desert to immerse themselves in our future as Mars colonists. The result of their work, “MPA: Red in View” at the Whitney, addresses not just the difficulties of the endeavor, but humanity’s complicated history of imperialism, “prompting us to examine our own, often subconscious, colonizing behaviors.” As their grand finale this week, Malin Arnell and



Guests mingle at Ouchi Gallery’s 2016 “Home” show opening. PROVIDED

Amapola Prada will spend 10 days inside a small glass-walled space visible from the corner of West and Gansevoort streets, living the strict life of astronauts (i.e., sleeping in shifts and mandatory exercise). Maybe we should save this planet while we still can.
Feb. 9-19, whitney.org

Banned art at MoMA

President Donald Trump’s immigration ban on citizens from seven Muslim-majority countries last Monday has been met with protesters occupying airports and lawyers working inside the arrivals hall to help those denied entry. The Museum of Modern Art is doing

its own bit to show what would be lost if we didn’t open our borders (and minds) to these cultures. Its permanent galleries on the fifth floor now feature seven works by artists from banned countries “to affirm the ideals of welcome and freedom as vital to this Museum as they are to the United States.” The pieces are sculptures, paintings and video, created by artists including the late Iraqi architect Zaha Hadid and lauded Iranian contemporary painter Charles Hossein Zenderoudi. **11 W. 53rd St., moma.org**



Two takes on tattoos

To explore the techniques of tattooing, the South Street Seaport Museum focuses on Augustus Wagner, who got on a boat at age 26 from Marietta, Ohio, in 1898 to travel the world. He returned four years later a tattoo artist with over 260 artworks on his skin — he would go on to collect over 800. At “Tattooed New York,” the New-York Historical Society covers more than 300 years of ink in the city with 250 artifacts, including Native American body art and sideshow attractions, with a special section about tattooed women. The exhibit covers how the scene thrived even while tattooing was banned in the city from 1961-97 for dubious reasons. **Through June 7, \$12, 12 Fulton St., southstreetseaportmuseum.org Through April 30, \$20, 170 Central Park West, nyhistory.org**

LOVE IS A CHOICE-CHOOSE LEXINGTON PLASTIC SURGEONS!

singles ♥ special

14% OFF BREAST AUGMENTATION
(IMPLANTS OR REDUCTION)

OFFER VALID 2/1/17 - 2/28/17

try.lexingtonplasticsurgeons.com/vday | 115 E. 39th Street (b/w Park and Lexington Ave)

Call for a Free Consultation. 866-634-4777

**LEXINGTON
PLASTIC
SURGEONS**



ALL PHOTOS PHOTOS LOU & GREY

Jasmine Cephas Jones collaborates on a line with Lou & Grey that's almost all sold out.



TINA CHADHA
@TinaatMetro
tina.chadha@metro.us

And you thought scoring "Hamilton" tickets was hard. Try getting your hands on one of the cool T-shirts or sweatshirts from the new collaboration between Jasmine Cephas Jones and Lou & Grey.

The actress, best known for playing the dual roles of Peggy Schuyler and Maria Reynolds in the Broadway phenomenon, teamed up with the retailer for a limited-edition line of chilled-out T-shirts, sweatshirts and necklaces that's pretty much sold out. (Act fast, you can still score some of the jewelry, which is crafted by the Brooklyn

brand Widen). The collaboration was a perfect fit. After all Cephas Jones, a busy rising star — she sung the national anthem at the Super Bowl with her fellow Schuyler sisters, and is starring in the final season of HBO's "Girls" — knows the importance of a good off-duty look. Each night she would immediately toss the huge bustles and corsets she wore during her almost-two-year run on "Hamilton" for "very comfortable clothing." The capsule — vintage inspired tops (\$45-\$75) and delicate necklaces (\$185-\$240) with phrases



like "Brooklyn Original," "Love Will Conquer" and "Groove Baby" — showcase her casual cool style and Brooklyn roots.

Below, the 27-year-old tells us about her new collection and why she can't stop wearing her red beret.

How do you describe your personal style?

My personal style changes from day to day. I just cut my hair, so I'm into a lot of cool hats. I'm really in love with my red beret. I wear

it everywhere. I never leave my house without my black combat boots. I love a ripped jean, with a turtleneck or a big button up shirt. This all sounds super casual, but I love to dress up as well.

Whose style do you admire?

I love Sophia Loren. She is such a great actress that was always proud of her curves and showed that through her fashion. She is a strong, fierce woman with no apologies.

Why did you chose phrases like "Love Will Conquer" and "Groove Baby" for the line?

After meeting with Lou & Grey, we decided on different subjects that we wanted to include in the line. So I went home and wrote down a huge list of words. That's where "Groove Baby" came into play. It just means finding your own groove, your individuality. "Love Will Conquer" came later. There's a lot going on in the world right now. We need so much love and positivity to keep us going. It's always there for us — we just have to remember.

Long life lingerie

Madewell, who prides itself on creating the always-so-perfect staples for your capsule wardrobe, has branched into intimates, launching online and in stores today. The simplistic but comfort-focused bralettes and undies are your trusty answer to that first layer of the day.

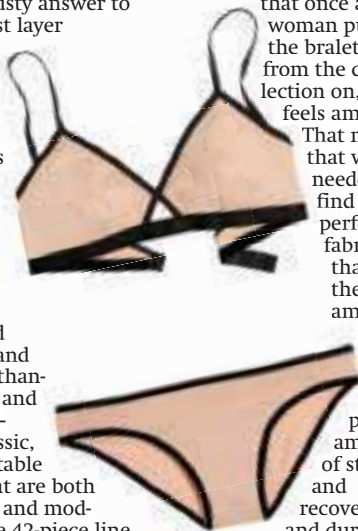
The collection features soft-to-the-touch natural fabrics — pillow brushed cotton and lighter-than-air lace and mesh — and classic, comfortable cuts that are both modest and modern. The 42-piece line is designed to be both weekend and work-week-friendly, in muted beige, stripes and classic white or black. Bonus: most pieces are priced \$12.50-\$35, meaning they're made for wardrobe building.

We chat with designer Joyce Lee about the enduring popular-

ity of the bralette and how they incorporated Madewell's DNA into the line.

With the rise of the bralette, what did you do to make sure Madewell's version was extra special?

We wanted to be sure that once a woman puts the bralettes from the collection on, she feels amazing. That meant that we needed to find the perfect fabric that had the right amount of softness, the perfect amount of stretch and recovery, and durability that could survive being worn under almost everything — and we hope, every day! We also looked to create simple and clean lines as well as subtle details to make sure the collection felt in line with our aesthetic and approach to dressing. Each fabric group has its own set of



ALL PHOTOS PROVIDED

design elements that set them apart.

We've seen the recurring trend of women reaching for underwear that is comfortable and practical. But now, do you see women reaching for sexier or more chic options again?

We think there's a way to balance both — why can't it be comfortable, practical, simple, but still pretty and subtly sexy? That's what we hope is evoked from our line.

Are there any special fit details hidden within the pieces that you love?

The cotton group features convertible back straps and subtle stitching details. And we chose swan hooks and double-string straps for the lace group.

RACHEL RACZKA

Do you experience anxiety at work?

Seven-tenths of your life will be spent working—here are solutions to bring stability and sanity to the workplace.

THE BUY AND READ PROBLEMS OF WORK by L. Ron Hubbard

PRICE: \$20

Scientology Community Center Harlem
228 E 125th Str, New York, NY 10035 | (212) 828-1825
harlem@scientology.net • www.scientology-harlem.org



Laser Hair Removal Specials

Small area \$50 • Medium area \$75 • Large area \$99

Rid ingrown hair in 3 sessions • Rid hair permanently in 6 sessions

We have updated lasers for all skin types

Servicing NYC clients since 1990

Certified technicians with many years of experience • Updated lasers 2015



- Freeze off your fat forever in just one treatment
- No diet or exercise needed
- Can be done on your lunch hour

Buy 1 get 1 50% off

Fractional laser will reduce:
Stretchmarks • Acne scars • Fine lines
\$99

Free Consultations • We accept all major credit cards including care credit
Call 212 229 0399 to prepay with no expiration



Laser, Slimming & Anti Aging Spa

180 7th Ave South, (Between West 11 & Perry St.)

212-229-0399 • www.nylaser.net

Free Consultation • Open 7 days Servicing NYC 24 years! • Exp. 2/28/17
*Services cannot be combined with other specials.

Velashape III

#1 cellulite reduction in industry without surgery

\$99

Zerona

Full body inch loss

Lose 3-9 inches in 2 weeks 6 for

\$199

Step up your cold weather breakfast game.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

When it's cold outside, there's nothing like a hot breakfast to start your day. A bowl of oatmeal, while easy to make and packed with fiber, protein and vitamins, can get boring real quick if you don't mix it up every now and then. Playing around with different toppings, adding varieties of nuts, fruits and seeds, will pack in even more nutrition and freshen up your bowl of oats with new flavors.

If you're looking to experiment even more, remember oatmeal isn't the only breakfast grain in the field. Polenta, quinoa and bulgur can also

add the proof to your porridge.

Here are four hot cereal recipes — plus one for overnight oats, possibly the best breakfast hack out there — to make your winter mornings more nourishing — not to mention, hygge.

Golden Turmeric-Flax Breakfast Polenta with Sautéed Apples



C&J NUTRITION

Stephanie Clarke and Willow Jarosh of C&J Nutrition favor coarse ground cornmeal, also known as polenta, for their winter mornings, “because of its smooth creamy texture and the fact that it's a whole grain, [making it] rich in nutrients like fiber and B vitamins.”

They sprinkle theirs with flaxseed for omega-3's, turmeric and cinnamon for antioxidants (also adds a nice tinge of color) and add sautéed apples for a bit of sweetness and extra fiber. Protein-rich crumbled walnuts help keep you satiated.

“This is a breakfast that packs in nutrition and won't leave you feeling hungry an hour later,” the nutrition-duo says. Get the recipe at cjinutrition.com.

Jacked-up morning oats

Make your morning bowl of oats go the extra mile by loading it up with good stuff. Instagrammer @veggininthecity makes hers with cashew milk, and then tops with bananas, hemp seeds, frozen berries and cinnamon. She says, “I love this recipe because it's warm and satisfying on cold days in New York and it is the perfect fuel



wellbeing

5 Healthy, hearty cereals to try this winter

Make your morning breakfast bowl more exciting by switching up your toppings — and experimenting with different grains, from polenta to quinoa. **ISTOCK**

for a busy day.”

Overnight oats

The set-it-and-forget-it breakfast you can throw together the night before and then just wake up and eat, overnight oats will revolutionize your mornings. Make them by adding milk or water to oats (your choice of steel-cut, rolled or instant), along with any other fixings you'd like, then cover and let sit in the refrigerator overnight. The Minimalist Baker

prepares hers in a mason jar, mixing (gluten-free) rolled oats with almond milk, peanut butter, chia seeds and maple syrup (or another sweetener) and then adds strawberries and bananas in the morning.

Slow cooker/Crock-Pot oats

Essentially overnight oats that you can eat hot the next day, the Crock-Pot method is another breakfast oatmeal hack. You'll want to use steel

cut oats, also known as Irish oatmeal, and cook for seven to eight hours on low. (They're coarser and take longer to cook, compared to fast-cooking, rolled oats, which are presteamed and then flattened and would end up mushy after heating for so many hours.) Instagrammer @constancelyeating adds in bulgur wheat, a mineral-rich plant-based grain, to bulk up the porridge even more. Vanilla, cinnamon and raisins sweeten it up; she tops

with almonds, blueberries and chia seeds.

Breakfast quinoa bowl

Quinoa bowls: not just for sad desk lunches anymore. Food blogger Jeanine Donofrio of Love & Lemons prepares a Cinnamon Quinoa Breakfast Bowl. Simmer two parts almond milk, one part quinoa on the stove with whole cinnamon sticks, then top with coconut flakes, peaches, raspberries and sliced almonds.

The Future of
Foot Surgery has arrived
at NY Podiatric Medicine



Don't hide them... **WE CAN HELP!**
Specializing in Surgery and Aesthetics
of the Foot.

NEW YORK PODIATRY MEDICINE AND SURGERY

Cutting Edge Means
Less Cutting



**MINIMALLY
INVASIVE**

Bunion & Hammertoe Surgery

We have performed thousands of these
procedures with state of the art technology

www.nymidtownpodiatry.com

MIDTOWN

315 Madison Ave., Suite. 2301 • 212-867-2500

As seen on and

All Photos of
Actual Patients



**HAMMERTOE
CORRECTION**



MOST INSURANCE PLANS ACCEPTED

FREE CONSULTATION WITH THIS AD

Dr. Andrew Glass DPM
212-867-2500

Food label buzzwords you need to know

Because calorie-free isn't actually free of calories.



SHARON FEIEREISEN
@metroboston
letters@metro.us

Just because a box of cookies is labeled with the word "skinny" or "healthy" doesn't mean it's automatically waist-friendly. Both generic and brand-name manufacturers are given a shocking amount of leeway when it comes to how they label their packaging. It's imperative to not only check nutrition labels, but to also decipher what buzzwords actually mean. We asked nutritionist Maria A. Bella to help us break it down.

WHEN "FREE" DOESN'T MEAN FREE

Antibiotic-free and hormone-free: While these words are defined by the USDA, the USDA doesn't actually regulate them. Only trust it if you see third-party verification



Deciphering those labels is easier when you know what the terms actually mean, and not just what they say. GETTY IMAGES

The buzziest of them all

Natural: One of the most over-used words, know that when you see it on a packaged product it means basically nothing — the FDA has not developed a definition for use of the term beyond that the food must be free of added color, artificial flavors or synthetic substances.

Healthy: Must be low in fat and saturated fat and contain limited amounts of cholesterol and sodium. However, note that the food can still be high in calories and sugar.

with USDA Organic, Certified Naturally Grown, Animal Welfare Approved or Certified Humane.

Calorie-free: Fewer than 5 calories per serving (meaning these foods are not calorie-free!)

Sugar-free and fat-free: Less than 0.5 grams per serving (again, they are not free)

HOW "LOW" CAN YOU GO?

Low-fat: 3 grams or less per serving

Low-saturated fat: 1 gram or less per serving

Low-sodium: 140 mg or less per serving

Very low-sodium: 35 mg or less per serving

Low-cholesterol: 20 mg or less and 2 grams or less of unsaturated fat per serving

Low-calorie: 40 calories or less per serving

Reduced: Nutritionally altered product contains at least 25 percent less of a nutrient or calories than the regular version of the product.

AND HOW "HIGH"?

Good source: Contains between 10-to-19 percent of the daily value of the certain nutrient

High: Must contain 20 percent or more of the daily value for a particular nutrient in a serving

Have A Fever? Feeling Sick?

Call or Walk-In Now! (Midtown)

Feeling sick and run down?

Do you have a fever?

Are you suffering from the flu?

New York Clinical Trials is looking for individuals who currently have the flu or have recently been exposed to it to participate in a research study!

Qualified Volunteers May Receive:

- Payment for time and travel
- Study related treatment at no cost

You must be between the ages of 18 and 50, and currently have flu-like symptoms that started within the past 48 hours.



Call today for more information!

646-625-3011

JETS WOULD BE FOOLS TO CONSIDER BRINGING BACK REX RYAN

OPINION



MARC MALUSIS
@marcmalusis

Thanks, but no thanks. I will pass — and the Jets should too — and under no circumstances should they think about Rex Ryan in New York ever again.

The former Bills and Jets head man began his flirtation with Woody Johnson and the Jets last week. Ryan, who was relieved of his duties before completion of year two in Buffalo, is looking for potential coaching work in the not-so-distant future. His run with the Bills was short-lived and his act and personality did not have the same kind of draw as here in New York. His act wore thin, and when the results don't come along with the personality, you find yourself out the door sooner rather than later. He also did not have the same initial success as he did with the Jets, where he took the organization to back-to-back AFC Championship Game appearances. So, he did not have that success to lean on as he still has the most playoff victories of any coach in



Rex Ryan would love to return to a role within the Jets organization, but the Jets shouldn't want him. GETTY IMAGES

Jets history with four.

During Super Bowl week, Ryan told the New York Daily News, "I'm definitely never going to say never on that one. I love New York. I do. I love the people. I got a ton of friends, lifelong friends, in that organization. I'll never say never. I don't know in what capacity, but I'll leave that open for sure."

Offentimes, Ryan's team did not back up his words, but he is certainly entertaining.

Ryan has an infectious personality that draws people in. He is a good guy and there is no question you would love to have a beer with him. He's engaging and entertaining.

But to discuss the potential of his future with the Jets when they already have a head coach is flat-out disrespectful. I get that Todd Bowles does not have the same personality as Ryan and his news conferences are not as

"I'm definitely never going to say never on that one. I love New York."

Rex Ryan, to the NY Daily News

entertaining. Who cares, as that should not be the reason why you would bring any coach back. The facts are the facts. In six seasons with the Jets he went 50-52. That is not exactly brilliant.

I get that former Jets GM John Idzik did not do him any favors in his

two disastrous seasons as the general manager, and the Rex apologists are going to say that he never had a quarterback.

I would say, though, that if I gave any coach, assistant or otherwise, a great QB — they most likely would find a way to win. The NFL is

a quarterback-driven league. They beg you to throw the football and when you have a solution at the quarterback, it makes your life as a head coach a lot easier.

The problem is, Ryan has regressed as a defensive mind. The last time his teams finished in the top 10 in points allowed was 2010. He totally destroyed the Bills defense — which finished fourth in total yards, fourth in points, third in takeaways, 11th against the rush and third against the pass in 2014 — the year before Ryan arrived. This past season, his defense in Buffalo finished 19th in total yards, 16th in points, 23rd in takeaways, 29th against the run and sixth against the pass. Don't tell me about injuries either because every team deals with injuries during an NFL season. The results are just no longer there. The bark of Rex is bigger than the bite, and it is time to move on forever.

There is no looking back, it is now about moving forward for the Jets. If only the results matched the personality of Ryan, than he would be golden. They do not. So, move on, Rex. We have seen your act already, and it does not deserve a sequel.

Brady and Goodell finally cross paths

Much to the chagrin of most Patriots fans, Tom Brady did not bash NFL Commissioner Roger Goodell over the head with the Super Bowl MVP trophy Monday morning when Goodell awkwardly presented the award to the now five-time Super Bowl champ. Goodell and Brady posed for pictures briefly as they jointly held the trophy, and there was little more than small talk between the two.

"The two gentlemen that we have here [Brady and Bill Belichick] have set new bars across the league," Goodell said to the media before handing Brady the trophy. "Five Super Bowl championships and four MVPs for

Tom Brady, cementing his legacy as not just a great Super Bowl performer but maybe one of the greatest players of all-time."

Goodell also sought out Brady immediately after the game Sunday night and shook his hand, congratulating him on an "awesome" performance. Brady was cordial with Goodell in both interactions, but the Patriots did get a few subtle digs in against the executioner of the Deflategate saga.

A Shields MRI commercial, in which Brady stars in, popped up online Monday morning. In it, Brady is told that he'll "need a bigger locker" now that he has five Super Bowl rings. Brady

responds in the ad by saying, "Roger that."

Patriots owner Robert Kraft also indirectly slammed Goodell during his postgame speech on National TV in which he was given the Lombardi Trophy.

"Two years ago, we won our fourth Super Bowl down in Arizona and I told our fans that was the sweetest one of all," Kraft said. "But a lot has transpired over the last two years. And I don't think that needs any explanation. But I want to say to our fans, to our brilliant coaching staff, our amazing players who were so spectacular — this is unequivocally the sweetest." **MATT BURKE**



Roger Goodell presented Tom Brady with the Super Bowl LI MVP award Monday morning. GETTY IMAGES

Giants should be active in free agency

A look at players the G-Men may target.



KRISTIAN DYER
@KristianRDyer
sports@metro.us

A return to the playoffs was a nice thing for the 2016 New York Giants, who had a solid 11-5 record and ended a four-season drought without the postseason. But with a shrinking window, this veteran team needs to make some significant upgrades if they want to make the Super Bowl.

Frankly, this team is far from elite.

With quarterback Eli Manning very much toward the end of a career that will likely take him to Canton, the Giants have a season or two — maybe three — with their Pro Bowl quarterback at or near his peak. With \$20 million or so under the salary cap, they have some flexibility to make moves and upgrade their roster in the next few months.

Manning can be good for a few more years and the Giants must maximize this window. They'll need to protect him better and add another weapon to the offense.

But it will take some tough choices and they have to hit home runs in every department.

Here are three things the Giants must do to be a Super Bowl contender in 2017:

1 Address left tackle

With almost a quixotic zeal, the Giants remained firmly committed to Ereck Flowers at left tackle despite the second-year offensive lineman having a brutal 2016 campaign. Flowers has some talent, but he's become a liability on the left side and a move to the right side might be a better fit than protecting Manning's blindside.

Target: Riley Reiff has played extensively at left tackle for the Detroit



Wide receiver Kenny Britt would be a good fit for the Giants. GETTY IMAGES

Lions, moving to right tackle with the arrival of first round pick Taylor Decker. He'd likely require a contract a little north of \$10 million but a potential move back to the left side might entice him. And if Flowers dramatically improves this offseason, then Reiff can solidify the right side.

2 Get a third wide receiver

While Odell Beckham Jr. is a lock and Sterling Shepard is a star in the making, the Giants just didn't get enough from Victor Cruz this year to justify a big paycheck to bring him back. He might be had for a good value but there's likely some team willing

to throw money at him, perhaps a foolish move given his injury history. If an upgrade is out there at good value, the Giants must jump.

Target: While he's had some troubles off the field, Jersey guy and former Rutgers star Kenny Britt could be the possession wide receiver the Giants need. He can help their red zone of

fense and help balance the field opposite Beckham and Shepard.

3 Big bodies, big problem

Johnathan Hankins might well walk in free agency and the Giants might not be able to keep their quality defensive tackle, who will surely want a pay raise. The Giants should be able to draft a defensive tackle in the later rounds but potentially could want a veteran to guide them through for a year or two.

Target: A former New York Jet, Leger Douzable could be intriguing alongside former teammate Damon Harrison in the heart of the Giants' 4-3. Douzable has put up numbers similar to Hankins and could be of better value. Douzable, who played with the Bills last season, also has a future in broadcasting and a return to the New York media market might be an asset. Plus he brings a great sack dance to the equation.

Online advertising is now easier than ever.

Become part of the metroX online ad network. Not just Google searches. Not just Facebook. Pick your geographic area and the people you want to reach, and leave the results to us.

Contact us today to see how your dedicated rep can help you reach customers on over 30,000 quality websites.



**MEDICAL
RESEARCH**To advertise, call Peter Blankenstein at 212-457-7751 or email peter.blankenstein@metro.us**AFFECTED BY HAIR LOSS
OR THINNING?**

If you or a loved one are struggling with hair loss or thinning you may be eligible to participate in a new research study of an investigational oral capsule treatment for female hair loss.

TO QUALIFY ONE MUST:

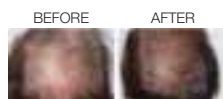
- Be a FEMALE between the ages of 21-55
- Have mild to moderate hair loss or thinning
- Others criteria will be assessed by the study doctor

**QUALIFIED PARTICIPANTS
WILL RECEIVE:**

- All study related medication and care at no cost
 - Compensation for time and travel
- NO INSURANCE NECESSARY



After 3 months of use of the investigational capsules



After 6 months of use of the investigational capsules

SadickResearchGroup
CALL 917-768-7276 OR EMAIL SRG@SADICKDERMATOLOGY.COM**Are you or a loved one suffering
from Alzheimer's disease?**

Free Treatment for individuals ages 55-95 with Alzheimer's disease who have symptoms of Agitation or Aggression



In this research study, eligible participants will receive free:

- Medical evaluation
 - Monitoring of memory and other intellectual functions
 - 12 weeks of study treatment with subsequent follow up
- A caregiver needs to be involved during the research study period**
- If interested, please call (646) 774-8668**

The study is conducted at New York State Psychiatric Institute/
Columbia University Medical Center and is funded by
the National Institute of Health.COLUMBIA UNIVERSITY
MEDICAL CENTER
Discover. Educate. Care. Lead.

Are you worried about your own memory or the memory of a loved one? Is there a history of Dementia or Alzheimer's Disease in your family?



This is a research study for individuals age 55-95 with memory complaints to see if one's sense of smell can predict response to memory treatment.

If eligible, participants receive:

- ♦ Medical evaluation
- ♦ 1 year of treatment for memory deficits
- ♦ Memory/cognitive performance monitoring by experts
- ♦ Sense of smell testing
- ♦ Monetary compensation

If interested, please call

(646) 774-7204 or (646) 774-7202

The study is conducted at New York State Psychiatric Institute/Columbia University Medical Center and is funded by a research grant from the National Institute of Health.

COLUMBIA UNIVERSITY
MEDICAL CENTER

Discover. Educate. Care. Lead.

Are You a Tobacco User?**TAKE PART IN A PAID RESEARCH STUDY**

Compensation for participation up to - \$2000

**Inflammax Research is looking for smokers, vapers and
chewing tobacco users to take part in our upcoming paid
clinical research study**

- Males & Females
- Ages 18+ in general good health

Contact for more details
1-888-989-1808Visit
www.SmokingTrials.com**DIAGNOSE CTE**
Research Project**Volunteers Needed**

Chronic Traumatic Encephalopathy (CTE) is a brain disease associated with repetitive hits to the head, such as those experienced in football and other contact sports. It results in changes in thinking and memory, mood, and behavior, as well as dementia. Currently, CTE can only be diagnosed after death.

The DIAGNOSE CTE Research Project is a major study (funded by the National Institutes of Health) to develop methods of diagnosing CTE during life and to examine risk factors for the disease.

In addition to former NFL players and former college football players, the research study is recruiting healthy volunteers who have not played football or other contact sports.**You may eligible for this study if you:**

- Are male between 45 and 74 years old
- Have NO history of participation in organized contact sports or brain injury

Participation requires a 3-day extensive visit to New York University Langone Medical Center.

All travel expenses are covered. You may receive up to \$500 compensation.

For more information, please contact:**Taylor Platt 617-414-1193 or**
diagnose@bu.edu
www.diagnosecte.com

LEGAL SERVICES

To advertise call Thomas Franke at 212-457-7751
or email thomas.franke@metro.us

BANKRUPTCY ATTORNEY

Bankruptcy Only • Specializing in Chapter 7 • Low Fee
One Fee for All • Installments
Personal Attention • Free Consultation

Jay Simon • 718.222.4619

32 Court Street, Suite 805, Brooklyn

Fresh Start with Heart

DIVORCE \$299

1-800-414-0333

TheDivorceCenter.com

Spouse's Signature Not Needed

Don't Be Fooled By Imposters

Plus Court Fee - Without Children - With This Ad
EXPIRES 2/28/17

BANKRUPTCY 917-783-0906



\$835 Including Court Fees!!

"Convenient Evening Appts. In Manhattan"

Manhattan: 116 West 23rd St., 5th Fl.

Flushing: 136-17 39th Ave., 3rd Fl. Queens

Free Consultation • Evening & Sat. • Appts. Available

Howard S. Warner, Attorney

Debt relief agency. We help people file for
bankruptcy relief under the bankruptcy code.

JOBS

General Help Wanted

Ready to Volunteer? Lets Go!

VRC has helped New Yorkers find great volunteer
opportunities for 25 years!

- Expert Placement • Personal Service •
- Free Service •

Call for an interview or sign up online:

212-889-4805

www.volunteer-referral.org



161 Madison Avenue, Suite 5SW
(between 32nd and 33rd)
5th Floor, New York, NY 10016

SERVICES

REDUCE YOUR CABLE BILL!

Get an All-Digital Satellite
System installed for FREE
and programming
starting at \$19.99/mo.
FREE \$100 VISA
for new callers.

SO CALL NOW
877-255-0353

ITEMS WANTED

Absolute Yes! Cash paid
Diabetic Test Strips
Unexpired, walk-in M-F, 2-4p,
224 W 116th St (storefront)
B,C,2,3 trains #888.415.0796

IMPORTANT INFORMATION:

All classified advertising is subject to the terms and
conditions of the applicable Metro Classified rate
card and to approval and acceptance at Metro U.S.
option. Metro U.S. reserves the right to edit, reject,
cancel or reclassify an ad, and reserves the right to
convert any classified advertising to alternative
formats for use and publication in other Metro U.S.
publications. It is the advertiser's sole responsibility
to check each ad the first day it is published. Metro
U.S. assumes no responsibility for any reason, for
any error or omission in any ad.

CAREER TRAINING



JOBS

We Train & Place!

Call: 718-263-0750

- PCT • HHA • CNA
- MED Billing/Coding
- M.A • Pharmacy Tech
- EKG/Phlebotomy Tech
- Fashion Designing
- Media concepts:
Audio • Video
- Solar Tech
- SAP

FREE TRAINING IF QUALIFIED

STUDENTS VISAS @ LOW COST

On Queens Blvd Next to E/F Train Q10 Bus 8002 Kew Gardens Rd, Kew Gardens, NY

WWW.ACCESSQUEENS.COM

**US Vets
Call
Now**

Access Careers, Brooklyn

Are You HHA? Upgrade to CNA/PCT!!!

- Home Health Aide
- Nurse Aide (CNA)
- EKG & Phlebotomy
- Patient Care Tech
- Physical Therapy Aide
- Medical Assistant
- Medical Bill & Coding



Call Now: 866-487-5432

25 Elm Place, # 201, Brooklyn, NY 11201

- Licensed by NYSED.
- Onsite State & National Examination.
- Easy weekly Payment Plan.

PEST CONTROL SCHOOL & SERVICES

6/9 DAYS/N.Y. STATE APPROVED, CERTIFICATION
& RECERTIFICATION IN BED BUGS, TERMITES,
STRUCTURAL, FOOD PROCESSING & LANDSCAPING

BEDBUG SPECIALISTS JOB ASSISTANCE/BUSINESS

1(800) 220-5494 or (718) 205-0557

pestcontrolschoolny.com | pestmanagementsciences@yahoo.com

Call or Text #917.653.0319

HHA/CNA Training NYSED

Slow learner? Long time out
of school? Job Placement
Assistance \$14.09/per hr
All benefits included
Call #718.349.8003

REAL ESTATE

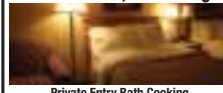
Rooms for Rent

All Manhattan/Bronx



Furnished Rooms For Rent!
Cable/Internet Ready! Move
In Today! All utilities Inc.
Starting Just \$150/wk.
Call Us Now: (212) 368-2685

100's Available, All Boroughs



Private Entry Bath Cooking
1 Person/2 Person \$125/wk up room rentals
Studios \$900/wk
212-682-0108

MISCELLANEOUS

ASPIRING ACTRESS/ TOUR- GUIDE, LIVING IN ASTORIA

We met on the E train the day
B4 Thanksgiving. You bought
Turkey Croissants @ MILKBAR
to celebrate the holiday with
friends. You offered me your seat.
I graciously declined. You/your
friends know who you are.
Docontheetrain@gmail.com

ENTERTAINMENT



REAL PEOPLE,
REAL DESIRE,
REAL FUN.

Try FREE: 646-429-1301

More Local Numbers: 1-800-926-5000

Ahora español: 646-429-1301

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

More Local Numbers: 1-800-811-1633

PSYCHICS

SPIRITUAL HEALER ANNA

Finally there is a born gifted healer you can trust...

She has over 40 yrs exp. She will know the causes of your problems
without asking any questions & knows how to solve them, reveal names
of enemies, reunite lovers, stops divorce, cure sickness, help childless
couples, bring success to business, jobs, exams, etc.

If Anna cannot help you no one can! She is superior to all others.

She is one of the only certified Spiritual healers.

Reading by Phone First Reading Free



MARRIED COUPLE

Someone had wished I wouldn't marry the
man I love... Thanks to Anna we are now
happily married!

FAMILY

We have been married for six years
and had no children. Thanks to Anna
we now have two healthy kids.



HUSBAND & WIFE

Our business was failing, we had no hope
until my husband called Anna for help.
A few days later we started to see
amazing results!

347-368-2424



Mr MAROOF

**Clairvoyant • Medium
Astrologer**

**Genuine Spiritual Healer
No matter what your problems**



Specialize in Relationship & Love • Black Magic
Bad Luck • Business • Job Exams • Divorce
Court Cases • Sexual Problem • Marriage
Stop Enemy Immigration • Etc...
Seek help from Professor Maroof

You will get Result in 72 hours

100% Guaranteed

Call 508 656 7274 or 646 891 7809

ASTROLOGER & SPIRITUAL HEALER

GOVINDA SWAMY



PERMANENT SOLUTIONS TO ALL YOUR PROBLEMS LIKE
BLACK MAGIC • EVIL SPIRITS • JAADOO • VODOO
WITCHCRAFT • OBEAH • EVIL EYE POWER • CURSE
JEALOUSY • HEALTH • LOVE • MARRIAGE • JOB
LOTTERY • FAMILY PROB • MONEY • EDUCATION
COURT CASE • SEXUAL PROB • CHILDREN PROB etc.

EVERY PROBLEM HAS A SOLUTION,
DON'T HESITATE TAKE GURUJI'S HELP

ALL RELIGIONS WELCOME
ONE PHONE CALL CAN CHANGE YOUR LIFE. CALL NOW

718-530-8905

metro CLASSIFIEDS

To place an ad call 866-900-9473
or visit us at www.metro.us

PSYCHICS

INDIAN PSYCHIC & SPIRITUAL HEALER
SRI SANTOSHI MATHA ASTROLOGY CENTER

PANDITH Krishna (REAZI)

IF YOU HAVE TROUBLES, I HAVE SOLUTIONS
100% REMOVAL OF BLACK MAGIC, BAD LUCK, EVIL SPIRITS & GIVES HOLY SPIRIT PROTECTION

LOVE * FAMILY * CHILDREN PROBLEMS * HEALTH * JOB MONEY * LUCK * BIRTH STONES * DEPRESSION * ENEMY SEXUAL PROBLEM * COURT CASES * ETC...

SPECIALIZED IN BRINGING LOVED ONES BACK

PRIVATE & CONFIDENTIAL 100% GUARANTEED RESULTS

347-609-1409

465 FULTON STREET, BROOKLYN, NY 11201 (DOWNTOWN)
THAM: A, C, F, M. 825: 825, 826, 847

POWERFUL AFRICAN SPIRITUAL READER

Highly gifted & powerful spiritual healer fluent in English & French

All matter of life issues, personal growth guidance & clarity in finance, love, career, black magic specializing in removing evil spirits, voodoo, jaadoo, bring back loved ones, protection guaranteed. Quick Results. 100% Guaranteed.

One Call, One Visit Will Change Your Life
CALL MR TASLIMY AND GET HELP
917-385-9382
www.taslimyadvisor.com

MOST POWERFUL AFRICAN PSYCHIC

Mr. KALLO
LOVE GURU

38 Years Experienced **LOVE EXPERT**

I BRING BACK LOVED ONES
ONE VISIT & YOU WILL SEE RESULTS.
I NEVER LOOSE ANY CASE

I can Help you in Problems: Marriage, Court case, Business, Depression, Bond Families, Stop Divorce, Stress Removal, Bad Luck, Evil eyes, Jadoo & Negative Energy

NO MORE PAIN, NO MORE DISSAPPOINTMENT, MEET LOVE MASTER TODAY & GET SOLUTIONS

347-271-3493, 917-946-4662

PSYCHICS

ASTROLOGER & PSYCHIC HEALER
GURU LAXMAN

ALL NATIONALITIES WELCOME
EXPERT IN BRINGING BACK LOVED ONES

GET SOLUTIONS:
BLACK MAGIC, EVIL SPIRITS, JAADOO, VODOO, WITCHCRAFT, OBEAH, EVIL EYE POWER, CURSE, JEALOUSY, HEALTH, LOVE, MARRIAGE, JOB, LOTTERY, FAMILY PROB, MONEY, EDUCATION, COURT CASE, SEXUAL PROB, CHILDREN PROB, etc.

DESTROY YOUR PROBLEMS BEFORE THEY DESTROY YOU AND LIVE A LIFE OF HAPPINESS, PEACE & PROSPERITY.
Don't Worry, Take Guruj's Help.

QUICK RESULTS 100%

347-741-4159

MR. HABIB SPIRITUALIST

Specialist in love, relationships, family problems, business, exams, career, jobs, Court case, bad luck, black magic, protection and more...Very Rapid Results

Located in Brooklyn
Call now
646-361-6440 or 646-764-6939
24 Hours Results
100% Guaranteed

SERIGNE
Spiritual Healer & Coach

Bring back loved one, stopped infidelity in Relationship, marriage, fixed Domestic, issues, job, success in business, court case, removed bad luck, witchcraft, black magic. Stop enemy & offer protection. Results in 7 Day!

917-679-1518
OR 917-535-8612
SpiritualRestore.com

Mr. SAIDOU



International Spiritualist Medium & Psychic Over 40 yrs exp. Bring back loved ones in the Quickest Way, Stop Infidelity, Business Success, Exams & Career, Black Magic Specialist, Clear Negativity, Bad Luck, Protection, Sexual Problems etc. Results in 7 Days Guaranteed.

Call 516-206-8543 and 646-339-9948
www.spiritualsaidou.com

PROFESSOR

ABU SALAM

MYSTICAL AFRICAN ADVISOR & HEALER. 20 YEARS OF EXPERIENCE COMBINED ANCESTORS POWERS & BLACK MAGIC.

CAN HELP YOU SOLVING ALL YOUR ISSUES EVEN THE MOST DIFFICULT ONE.

LOVE SPECIALIST: RETURN OF LOVED ONE IN THE QUICKEST WAY EVEN HOPELESS CASE
BLACK MAGIC: RELEASE FROM SPELL, MYSTICAL ABUSE, PROTECTION, GOOD & BAD LUCK, FAMILY ISSUES, COURT & EXAM, FINANCES & CAREER, GAMBLING, SEXUAL POWDER ETC...

7 DAYS RESULTS. BY APPT ONLY.
Call 917 595 9916
116 St MANHATTAN NY
WWW.PSYCHICSALAM.COM

ASTROLOGER & PSYCHIC
Indian Pandith: Arya Dutt Shastry

MAKE ONE CALL & CHANGE YOUR LIFE
PANDIT IS EXPERT IN
PALM / PATRA / FACE READING
DATE OF BIRTH & PHOTO READING

Remove & Destroy Black Magic, Voodoo, Obeah, Curse, Evil Spirit, Bad Luck, Blockage, Negativity & All Evils & Gives Unbreakable Protections

646-897-5789
104-42 LEFFERTS BLVD RICHMOND HILL, NY 11418 (PRIVATE HOUSE)

WORLD FAMOUS INDIAN PALMIST & SPIRITUALIST
RAVI SHANKAR GURU JI

MEET ONCE 100% EXPERT PANDITH
EXPERT IN REMOVING PROBLEM LIKE Health, Depression & Blockage, Enemy Problems, Jealousy, Sexual Problems, Worried About Loved Ones

HE CAN HANDLE, REMOVE & DESTROY BLACK MAGIC, VODOO, OBEY, WITCHCRAFT, DEMONIC FORCES, EVIL, "LIFE IS TOO SHORT" DON'T SUFFER!

347-251-1533
103-02 LEFFERTS BLVD, RICHMOND HILL, NY 11419

Across

- 1 Anchor's place
- 5 Low-lying clouds
- 8 Perfume bottle
- 12 Campfire remains
- 14 Adventurer, often
- 15 Earthen jar
- 16 New Orleans griddle
- 17 Familiar auth.
- 18 Roman historian
- 19 Indulging
- 21 Necessarily involve
- 23 At our wit's --
- 24 -- Paulo, Brazil
- 25 Forensic science tool
- 26 Arcade classic (hyph.)
- 30 Kind of knife
- 32 Cube inventor
- 33 Make easier to swallow
- 37 Byron's works
- 38 "-- and Bess"
- 39 A single time
- 40 Almost
- 42 "Captain Blood" lead
- 43 Nozzle choice
- 44 Karen -- (Isak Dinesen)
- 45 Plea at sea
- 48 Boathouse gear
- 49 "Snow" veggie
- 50 Dilate
- 52 Cockpit reading
- 57 Muddy
- 58 The lowdown



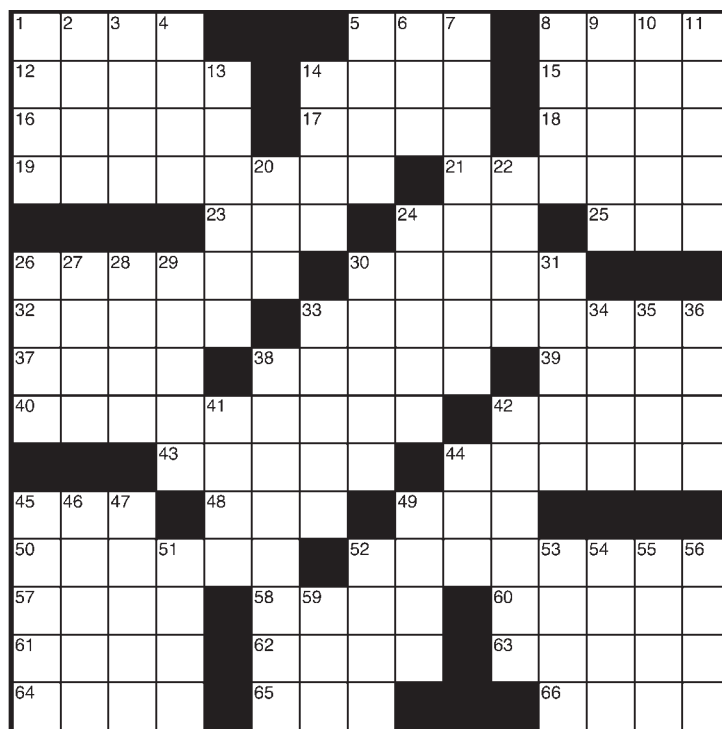
- 60 Like a tablet
61 -- fixe
62 Usher's quest
63 Four-door model
64 Uses rods and cones
65 Corn serving
66 Lobby furnishing

Down

- 1 Pinch of salt
- 2 Hairy twin
- 3 Thin wedge
- 4 Vegas game
- 5 -- shui
- 6 Juan's gold
- 7 Taken off (2 wds.)

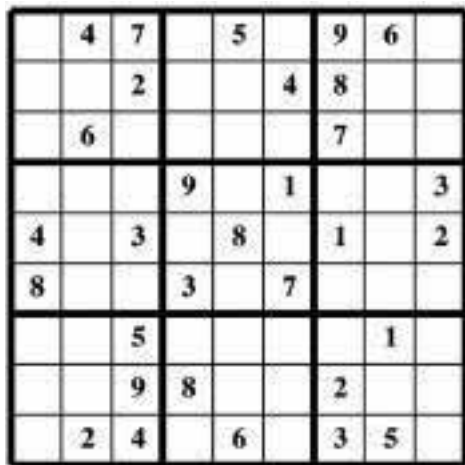
- 8 Battery word
- 9 Old war story
- 10 Lead Chipmunk
- 11 Clapton hit tune
- 13 Talk a blue --
- 14 "The Mummy's --"
- 20 Quaint lodging
- 22 Roulette color
- 24 Waterlogged
- 26 Ont. or Que.
- 27 BMW rival
- 28 Driver with a handle
- 29 Refreshes the fern
- 30 Muscular
- 31 Rod-shaped bacteria (2 wds.)
- 33 Kind of energy
- 34 Black gemstone
- 35 Teen bane
- 36 Dollywood loc.
- 38 Idyllic place
- 41 Fairy-tale word
- 42 Thrashes about
- 44 Make a wager
- 45 Freight haulers
- 46 Water or rust
- 47 Shopping --
- 49 Conspiracy
- 51 Skippers' OKs
- 52 Nowhere near
- 53 Men's furnishings
- 54 Disentangle
- 55 Like Beethoven
- 56 Ferber or Millay
- 59 PBS funder

metro.us/crossword

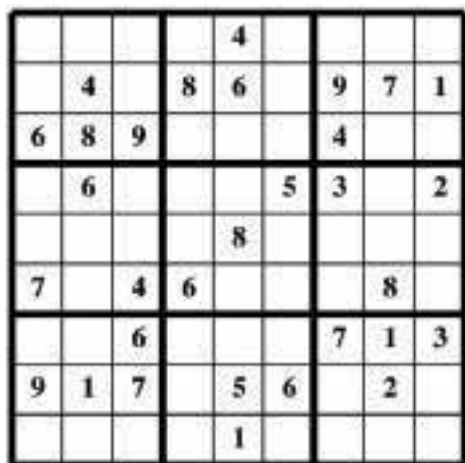


metro.us/sudoku

easy



hard



metro.us/horoscopes



Aries When faced with adversity, you must show compassion and a willingness to find solutions. Turn any negative you encounter into a positive.



Taurus Show compassion and offer help. Get involved in your community or take part in an event that will have a positive impact on something you believe in.



Gemini Sticking to the truth will help you avoid mistakes. If you want something, you must ask for it. Don't take what others say to heart. Make changes based on your findings.



Cancer Channel your emotional energy into something constructive. Personal alterations that add to your comfort or contribute to your happiness are highlighted.



Leo Making travel plans, taking business trips, attending conferences or just doing something that will update your image or boost your morale would all be good ideas.



Virgo Do what you can to assist those in need, but not at the expense of your own needs. Problems with medical issues and settlements will surface if you aren't careful.



Libra Not everyone will be happy with the decisions you make. Consider your choices and adjust your schedule to ensure that you take care of your responsibilities.



Scorpio Home is where you will feel most comfortable. Take on a task that will challenge you mentally and encourage you to make positive changes at the same time.



Sagittarius Make a physical change that will boost your confidence. Setting a trend or expressing how you feel in the way you present yourself will attract positive attention.



Capricorn Question anyone you don't trust or who you feel may not have accurate information. Look out for your interests and don't rule out taking an unusual route.



Aquarius Make your decisions based on your needs, not on what someone else expects of you or is trying to manipulate you into doing. Stay focused and do your thing.



Pisces Look past what's right in front of you. If you delve into the unfamiliar, you'll come up with unique ideas that will help you create a better atmosphere. **EUGENIA LAST**

Yesterday's answers



Can't wait until tomorrow to check your answers? Visit **metro.us**



metro As the world's largest global newspaper, Metro has more than 18 million readers in more than 100 major cities in 23 countries. • **Main** 212-457-7790 • **To advertise** 212-457-7735 • **Press releases** pressrelease@metro.us • **Sales fax** 212-952-1505 • **Associate Publisher** Ed Abrams • **U.S. Circulation Director** Joseph Lauletta • **U.S. Marketing Director** Wilf Maunoir • **Email sales** advertising@metro.us • **Email distribution** distribution@metro.us • Advertisements appearing in Metro are published in good faith. Metro does not endorse and makes no representations about any of the advertising content appearing in its pages. Metro is not responsible for any loss or damages whatsoever resulting from readers using the services of its advertisers. Readers should exercise caution when replying to advertisements, especially those which require any form of payment, and, where necessary, should seek independent legal advice. • **Editor in Chief** Aleksander Korab, aleksander.korab@metro.us • **Web Editor** Cristabelle Tumola, cristabelle.tumola@metro.us • **Senior Editor** Gary Kane, gary.kane@metro.us • **Art Director** Julianne Aerts, julianne.aerts@metro.us • **National Features Editor/Style Editor** Tina Chadha, tina.chadha@metro.us • **Film Editor** Matt Prigge, matt.prigge@metro.us • **Going Out Editor** Eva Kis, eva.kis@metro.us • **National Music Editor** rachel.raczka@metro.us • **National Sports Editor** Matt Burke, matt.burke@metro.us • **Head of Production** Matt Prowell, matt.prowell@metro.us

CAC Certified Audit of Circulations



NAKENTERPRISE RECORD LABEL

\$25,000

PERFORMING ARTIST COMPETITION

WINNER \$25,000 & 1 SINGLE DEAL
PERFORM & COMPETE LIVE IN NYC AS PART OF 10 FINALIST FOR AN ADDITIONAL CHANCE TO WIN \$35,000
3 HOUR FREE STUDIO TIME WITH PRODUCER DOC MARSHALL (AS TIME IS AVAILABLE)

WINNER
\$25,000 & 1-SINGLE DEAL
ALL ARTIST ALL GENRES -
REGISTRATION FEE \$9.90

DOC MARSHALL
PRODUCER & PLATINUM ENGINEER
PH: 914-207-0978
TXT: 914-787-9802
MUSIC@NAKENTERPRISE.COM
NAKENTERPRISE.COM



\$10,000 MODEL COMPETITION

WINNER \$10,000 & AN ADD RUN IN NY NEWS PAPER
COMPETE LIVE IN NYC AS PART OF 5 FINALIST FOR AN ADDITIONAL CHANCE TO WIN \$15,000
2 HOUR 2 OUTFIT SHOOT FREE (AS TIME IS AVAILABLE)

MALE & FEMALE
WINNER \$10,000

\$9.90 REGISTRATION
PH: 914-207-0978 TXT: 914-787-9802
MODELS@NAKENTERPRISE.COM
NAKENTERPRISE.COM